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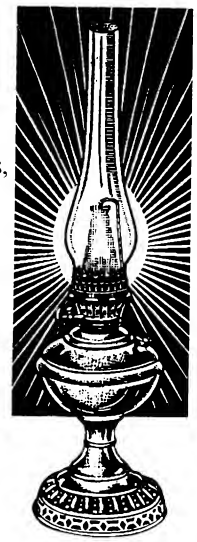
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Front cover: Sylke Rees takes a break from work in her vegie garden in Railton, Tasmania. Over summer, Sylke dried and stored all her bumper crops using a food dehydrator. Now that the growing season is over, she plans to use it in other handy ways. Read about the alternative uses of a food dehydrator in Sylke's article on p 21.

Back cover: These healthy young cattle are in the grip of drought in NSW. Their prime condition is due to their healthy environment created through biodynamic farming methods. Ron Ward used biodynamics to get the family farm out of trouble after the last drought, read about how he did it on p 11.

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MAX LINDEGGER

A Pioneer of Permaculture

People are still keen to learn basic skills . . . through a permaculture plan they have their own means of survival if anything happens.



Max and Trudi Lindegger. They met eight months after Max arrived in Australia from Switzerland.

When Max Lindegger migrated to Australia from rural Switzerland, he had no idea that in a few short years he would be invited back to that country as guest speaker at the University of Zurich.

Max Lindegger grew up in a small rural village in the mountains of Switzerland. This was the traditional European environment where rural and urban life were closely interwoven and work, religious observance and celebration revolved around the farming year and the seasonal work which produced fodder for the livestock and food for the local inhabitants.

Farming was conducted on small properties using traditional methods. Everyone had the opportunity to learn simply by getting a job on a farm, joining in at harvest time, or by just helping out when someone needed it. The village acted like a large extended family. When a farmer was late in getting in his hay before a storm, others came by to help. After all, the cows had to be fed and kept warm all winter and if a farmer ran out of fodder he would not be able to continue. Villagers were proud of their village and farms and would not like to see someone fail for the want of a bit of help. They knew, too, that they would be in need someday, and could live in security knowing help would be available when required.

Self-sufficiency was also a large part of normal farm life. Food had to be prepared and preserved for the long winters, or for sale in town. Families proudly carried on the tradition of growing, preparing, storing, eating and celebrating and, in the process, children learnt important life skills. They learnt, most of them unconsciously as they grew up, by playing nearby and hearing how it was done, by going through the motions with their parents as youngsters, by developing their identity through helping as they grew older and by being immersed in self-sufficiency as a living culture in which the participants were happy and content.

Forestry was also an integral part of Swiss agriculture. The forest was integrated into every farm, and often surrounding it. Timber production and forest management were important because every farm needed firewood and timber for building and sale in the village. So more skills were on offer to the willing student, and these were quite comprehensive – from tree planting and forest management to the felling, milling and use of the timber.

Max Lindegger loved life in a rural village. He loved working on the farms and in the forests, and would often go for a walk among the trees rather than go swimming with his friends. He has never forgotten the simple, safe methods of agriculture – no poisons were used – and the relationship the consumer had with the producer.

On the orchards, all the bruised apples were made into cider. This would occur at the same time each year and cider was made using apples of different varieties in a predetermined mix to produce apple juice the villagers liked. The cider press was ratchet operated, and when pressing started the sound of the press could be heard for quite a distance. Very soon, people arrived with their containers to taste and buy the first pressing of juice and there was much discussion about the season, the flavour of the different apple varieties and

whether this year's juice was up to that of last season. If the flavour was not up to expectation, the farmer was immediately informed and he would alter the different varieties in the press to the satisfaction of his customers.

Max can also remember days spent cutting straw in fields surrounded by forest. This was brought in for use in the stalls and stables in winter where it was eventually turned into compost and liquid manure. In spring, this was spread onto the paddocks by the farm hands who all smelt of cow manure for days afterwards.

Max Lindegger always wanted to be a farmer and if his family had owned a farm he may have stayed in Switzerland all his life. His only option was to buy a property and there was no way Max could afford to spend $50 per square metre to purchase some of the most picturesque real estate in Europe.

So Max finished his studies in engineering design, completed his national service training, thought hard about what sort of country he would like, and decided to try Australia. The land of Oz sounded interesting – it was bright and peaceful, warm and sunny. Twenty-five years ago, Max Lindegger landed in Sydney and found a room in a boarding house where he had his first real Australian meal – T-bone steak with peas and mashed potato. Max had never seen a T-bone before. Soon he found a job as a draughtsman and eight months later found Trudi his Australian wife-to-be.

Soon they moved to Nambour where Max worked in a civil engineering company for seven years, but there was no satisfaction in a job where the main operation was the subdivision of land for sale as building blocks. The main criteria for planners was something called 'lot yield'. This was designed to maximise profit without taking the needs of the residents into account. Nor was the land taken into account – Max felt profit should not be the only motive when peoples' lifestyles were involved, and, to some extent, planned.

It was time to change. The first step was to do a soil conservation course, then one on tree planting for farms. Max then stumbled on permaculture which reminded him of the way the Swiss farms were operated – self-sufficiently, connected to the forest, producing good food without poisons, run by a community of healthy people with a strong living tradition. Soon the family Lindegger had a backyard farm, with a foraging system for ducks, chooks and geese, but there were lots of problems with the health inspector who thought mulch looked very untidy and should be cleaned up. In 1977, Max Lindegger set up the first permaculture group in Nambour and they started planting fruit trees on the nature strip and on vacant council land. The council didn't approve – it was a bit too different. So much for independent thought. Now, Max says, everything they fought for is becoming council policy!

Two years later, he was invited to attend the first permaculture design course in Tasmania. Eighteen people attended, coming from all over the country. Everyone thought that this would meet the needs of the permaculture movement for some time, but a simple question, asked on the final day, changed that. Participants were asked which geographical area they were prepared to take responsibility for. Max took Queensland, returned home and immediately read all the information on permaculture and related topics he could get his hands on. A year or two later, after a family conference, he resigned from his job and started teaching permaculture full time. This work has taken Max overseas many times, not just to teach but to design and consult on projects from backyards upwards.

His first opportunity came when a lady who had lived in Noosa moved to the UK. She called and wanted Max to redesign her house so it was more energy efficient and appropriate to the climate. He modestly explained that he had no qualifications as an architect and suggested she develop some contacts closer to home. This was not successful however, as the professionals did not know what she wanted. She called Max back and offered him a free flight to the UK and organised a permaculture lecture course for him to conduct in Cumbria. He could also retrofit her house and design a permaculture garden for her at the same time. Max immediately accepted.

After the course, Max stayed to work on the house and was surprised to receive a phone call from one of the German students. This was an offer to visit Germany straight away and conduct a week-long lecture tour in and around Berlin. Then another invitation arrived and Max found himself address-



Duck feeding time at Max and Trudi Lindegger's permaculture property. Poultry are an integral part of a permaculture system.

ing an interested audience at the University of Zurich, in his country of birth, Switzerland. Since then he has been busy both at home and overseas, and has worked in most countries around the world. This year he is going back to Russia and will present the permaculture association there with the complete collection of *Grass Roots* magazine for their reference library.

In his years of teaching, Max has found people are still keen to learn basic skills, especially if they already own their land. Through a permaculture plan they have their own means of survival if anything happens and they know how to run the property so they could live from it if the need should ever arise. This gives them a great feeling of security and satisfaction.

In 1985, Max started to design Crystal Waters, a community on a property near Maleny in Queensland. His aim was to create a framework which would integrate all the basic needs of a person in one place. Max is not impressed with city life. Too many people live alone with no proper friendships which is damaging to the psyche. In a community or village, regular meeting with others is built into the plan and people are happier and healthier. They develop a sense of belonging and feel strongly about their home as something they would defend. This is more important as people age. Max finds those with good friendships and a role in life retain their activity longer, feel better, and retain a younger, more active outlook. Loneliness is a major factor in ageing, and Max thinks that town planners who do not take these factors into account have shirked their responsibility.

The Crystal Waters design integrates and connects the areas of greatest need of the people living there; these are areas for shelter, food, work, play, and gathering for social and spiritual purposes. In his designs, Max tries to integrate the people with their food source because he thinks this is important for a human settlement. On Crystal Waters, there are house sites of one acre and these are located near services and community buildings. Shareholders can also lease part of the property for farming ventures.

In 1992, Max and Trudi actually moved to Crystal Waters and built their own home out of rammed earth and timber. The rammed earth section is downstairs, and upstairs it is single skin timber – only appropriate in the tropics. The house has a verandah on three sides and the roof is not insulated because it is designed to let the hot air out and draw in cool air on warm days. They have a vegetable and herb garden based on a low maintenance design, but it is suffering from the drought at the moment.

Max and Trudi have two children. Daughter Susi, is married and has lived away from home for some time, while son Serge has moved out of the community this year to further his education. So the house is quiet, sometimes too quiet.

The Lindeggers work from home. Trudi has always worked with Max on consulting jobs, planting trees and doing the catering at courses. These days they work with a group of community folk planting a forest to meet the timber needs of the community in the years ahead. They have planted a mixture of cabinet and rainforest timbers, and decided on the species after consulting a local sawmiller who told them what would easily grow in the area and what species were in demand. The forest also provides honey, conservation, and helps to turn the whole area into a productive park. The Lindeggers are still conducting courses at Crystal Waters and are available as consultants for village projects. They also have a mail order book service for those wanting more information on permaculture and related topics.

For further information, write to: Max Lindegger, 59 Crystal Waters, MS 16, MALENY 4552. Ph: 074-944-741, fax: 074-744-578.

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HEALTHY HOLISTIC PEST CONTROL

PART 1

by Mary Horsfall, Longwood East, Vic.

There are few things more frustrating to gardeners than having their hard work destroyed by repacious insect pests. Nurseries and supermarket shelves present an endless array of poisonous concoctions with which to annihilate any garden pest known to man. However, those of us concerned about our health, the health of our families and of our planet realise that these poisons are just that – poisons – and that they are harmful to more than just pest insects. I don't intend to diverge too far off the track into a discussion of possible effects of agricultural chemicals, suffice to say that organic gardeners explore safer alternatives, and it's some of these alternatives I'll be discussing in this article.

BIODIVERSITY

When we moved to the country we were fairly ignorant about a lot of subjects, one of them being weather, more particularly – wind. It didn't take us long to realise that if we didn't do something to protect our house area from the roaring southerlies our lives would be fairly unpleasant.

The planting of windbreaks around the house paddock became a priority. As we had no water to spare, native trees and shrubs were the obvious choice. Once they grew enough to provide shelter we were able to successfully grow many less hardy species. Basically, the house paddock is surrounded by native trees and shrubbery, within the protection of which are vegie garden, orchard, house garden and a small vineyard.

An added bonus has been the wonderful array of birdlife which has found a congenial habitat in our windbreaks. Along with them came insects, then lizards and frogs (not to mention the larger marsupials). All of these animals form a complex interacting ecosystem of predator and prey, the benefits of which carry over into the food gardens. Pests, though present, are usually not in sufficient numbers to cause significant damage as there are also healthy predator populations to keep them in check.

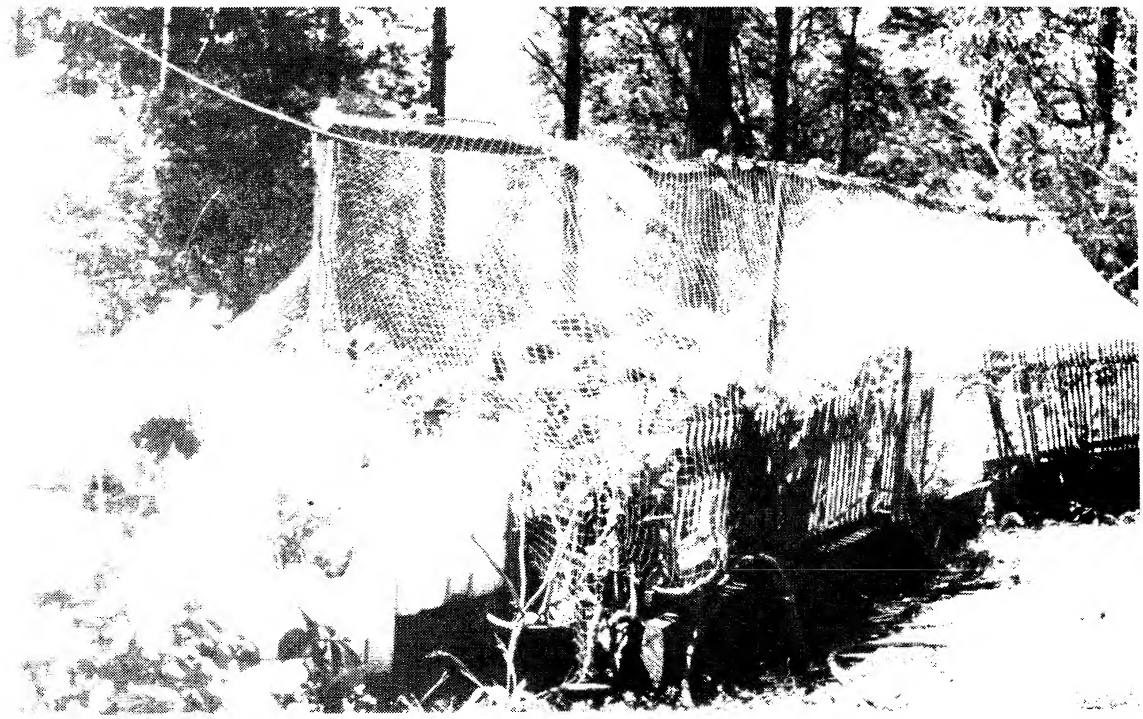
So, a first priority for organic pest control is the creation of an ecosystem of great biodiversity. We are fortunate enough to have a large area in which to do this, but the same can be done, on a smaller scale, in any suburban backyard. Plant some native shrubbery to attract the birds and insects. Artistically scatter around a few large rocks and hollow logs for lizard shelter. Install a small garden pond – it and the surrounding damp area will attract frogs as well as providing a water source for the birds and lizards. Remember that your bird habitat area will be more effective if you plant it to be adjacent to similar areas in your neighbours' gardens.

SOIL

Healthy soil is another vital factor in a pest control strategy. Feed your garden with compost, mulch and lime and maintain a large earthworm population to have soil which is friable, alive with beneficial micro-organisms, and retains moisture well. Such a healthy soil will grow disease-resistant plants which are less vulnerable to insect attack.

PHYSICAL BARRIERS

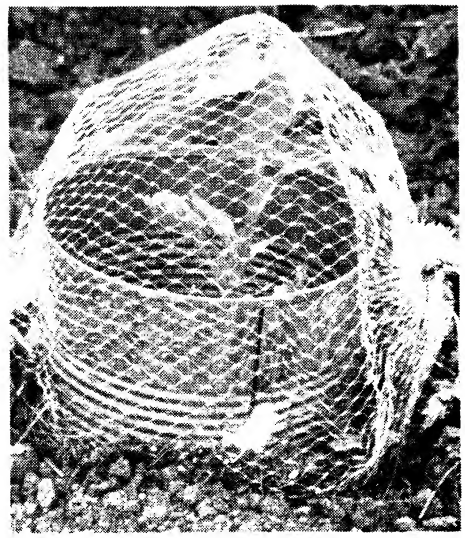
Of course, there are still going to be times when a pest population is temporarily out of control, or when newly planted seedlings are particularly vulnerable. It doesn't take much of a pest attack to obliterate a row of seedlings, whereas the same amount of munching would be virtually unnoticed on the mature plants.



If birds and larger animals are a problem, as they are in many country areas, sterner measures are called for to ensure that the humans have a vegetable harvest. This determined gardener has used fencing, netting and flapping plastic.

I use physical barriers around seedlings to give them a chance to become established in a protected micro-environment. Two-litre plastic juice bottles with the tops cut off provide a mini-hothouse,as well as an insect barrier, for brassicas and other seedlings planted in the autumn.

Large fruit cans with tops and bottoms cut off are good protection for spring and summer planted seedlings. A fine onion bag or cut-off leg of pantyhose stretched over the top of the can will keep out all but the most determined pest. Any that do manage to breach the fortress usually stay trapped inside and are easy to dispose of manually. Remove the guard when the plant starts to outgrow it. By this time plants will be large and healthy enough to withstand a little bit of munching.



A fortress such as this surrounding seedlings will protect them from most pests.

INTERPLANTING

Monocultures of any sort are an open invitation to pests. In my vegie garden I avoid planting things in neat rows and, as far as possible, I avoid having whole beds of one type of vegetable. Interplanting and companion planting are other important pest control strategies. There are many beneficial interrelationships of plants which you can take advantage of in order to promote healthy pest-resistant growth.

The pumpkin/corn relationship is one well known example. Both need heavy feeding and will benefit from generous topdressings of compost. The pumpkin vine will spread and become a living mulch for the corn which requires cool, moist roots. Beans growing up the corn stalks can also be introduced to make it a three-way relationship. The corn supporting the beans, the beans benefitting from the fertiliser provided for the pumpkin and corn and from the pumpkin leaf 'mulch', and both pumpkin and corn benefitting from the nitrogen which the bean plants provide in their root nodules.

Conversely, there are some plants which simply don't like growing near each other and interplanting of these should be avoided. Pumpkins and potatoes, for example, do not thrive together. I found this out the hard way and later read confirmation of my observations in books about companion planting.

Herbs planted throughout the vegetable beds, or amongst fruit trees, are also beneficial to the health of both. Mint, thyme, rosemary, chamomile, dill and garlic, for example, are all useful throughout the garden, in particular for repelling white butterflies from brassica plants. In general, highly aromatic plants will repel many insects and protect plants in their immediate vicinity.

For their general beneficial effects throughout the garden I often interplant garlic, pyrethrum daisies and marigolds *(Calendula officinalis)*. These will self-propagate and are easy to transplant to wherever you need a little extra protection when planting out a new area. A word of warning culled from recent experience; don't allow pyrethrum daisies to spread too vigorously as they may repel bees and prevent pollination of some plants. The garlic and marigolds also have culinary and medicinal uses in their own right.

I noticed one year when I had broccoli growing in a bed surrounded by tree onions, that there was no damage at all from the cabbage white caterpillars and none of the butterflies hovering around that particular bed. So now, when the butterflies are active around the garden, I pick armfuls of tree onion leaves and also branches of pyrethrum daisies, and scatter these generously over the brassicas every few days until the butterflies are less noticable.

There are many useful books about companion planting. One I particularly like is the recently released, *A-Z of Companion Planting*, by Pamela Allardice, published by Angus and Robertson.

CROP ROTATION

Rotation of crops ensures that diseases do not have a chance to build up in the soil and that the same nutrients are not being depleted season after season. As I have such a jungle (or do I mean jumble?) of interplanting, I don't follow a strict rotation. I do avoid having potatoes and their relatives (tomatoes, egg plants, capsicums) in the same bed for two or three seasons. The nitrogen-hungry brassicas are usually either preceded or followed by peas or beans, or often they are simply interplanted. Pumpkins and potatoes in the same bed are avoided.

A simple rotation to follow is brassicas (cabbage family), root crops, legumes (peas/beans), followed by anything else, but there are many other factors to take into account (size and number of beds, companion planting, interplanting, condition of soil), so I suggest you plan your rotations to suit your own conditions after you have perused a few organic gardening books.

If you can't remember from season to season where you have planted things, it's a good practice to make notes or sketches in a garden diary to help you keep track of crop rotations. This can also be a valuable record of successes, failures, planting and harvesting times to refer to in subsequent years.

Next time I will tell you how poultry and organic sprays can be effective in controlling garden pests.

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A PATCHWORK DUVET COVER

by Julie Doyle, Rongotea Manawatu, NZ.

Time to revamp the bedroom. The tatty duvet cover begged to be replaced. Rich burgundy velvet drapes requested a suitable match. The array of available ready-made duvet covers were not suitable so I decided to make my own.

First of all a design had to be decided upon. I wanted something to blend the elements of the room: an older style house featuring a decorative white ceiling with stained seven-centimetre wide wooden boards making 12 rectangles, white brocade pattern wallpaper, polished wooden floor.

I had some swatches of fabric left over from dressmaking exploits of previous years so I decided to incorporate the ceiling pattern and make a patchwork effect duvet cover. First a plain cotton fabric was located to match the drapes. The swatches were supplemented by more swatches from the local patchwork shop.

Measuring the old duvet cover, calculating the amount of fabric required and arranging swatches took a long, though satisfying time.

Finally came the time for cutting the fabric. I checked and double-checked my calculations. Arranging and rearranging the pattern pieces to economise on the fabric available, I was surprised at just how much fabric is needed to cover a duvet. I decided to make a versatile cover that could be turned around and over regularly to minimise wear and tear.

All pieces cut, I proceeded to label each individual piece on its reverse side with tailor's chalk, to avoid confusion when it came time to pin and sew. (See diagrams for details). The pieces were arranged on the clean floor so I could decide where the swatches would look best. Alternating dark and light produced the best effect.

PROCEDURE

Materials

For a queen-size duvet cover:

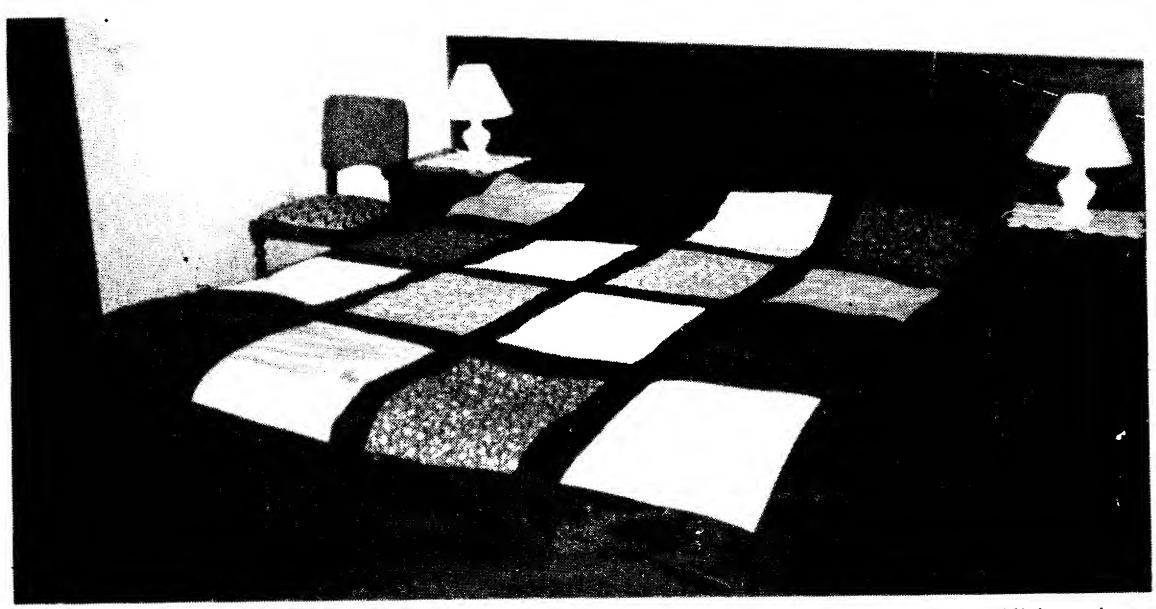
32 (40 x 35 cm) swatches of toning patterned fabric (Several the same but equal quantities of light and dark patterns. Six swatches can be cut from 1 metre of 110cm wide fabric) labelled a1-a4, b1-b4, etc to h4.

4 metres of plain fabric. (Refer to diagram 1.) Cut as follows:

2 x 206cm x 22cm (A & B)
1 x 162cm x 22cm (C)
2 x 162cm x 16cm (D & E)
6 x 182cm x 12 cm (F – K)
24 x 35cm x 12cm (L - W, L1 – W1)
velcro or other suitable fasteners

Method

• Zig-zag or overlock all raw edges. Using 1cm seams join narrow sides of swatches with L – W, L1 – W1 strips in



The duvet cover was designed so it could be turned around and over to minimise wear. Alternating dark and light patches produced the best effect.

Diagram 1: Suggested Cutting Layout

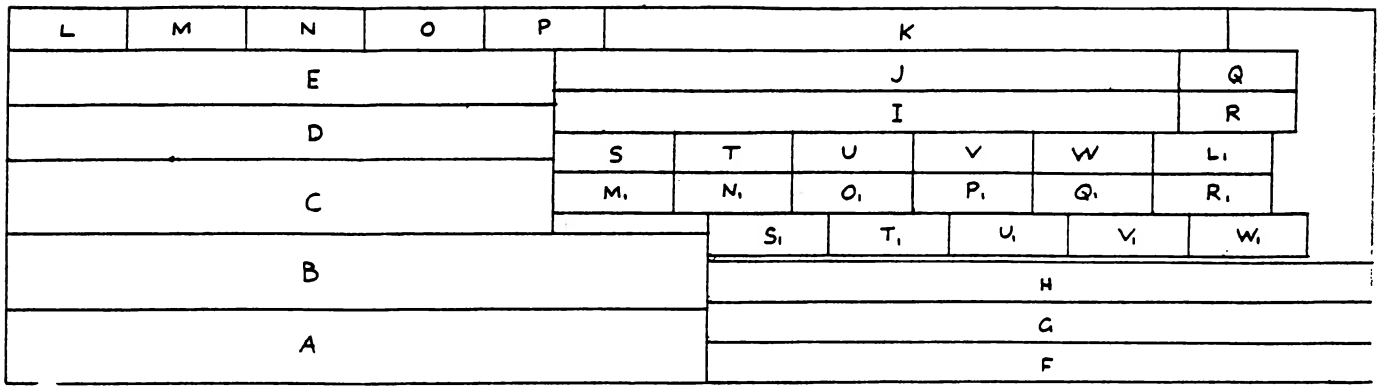
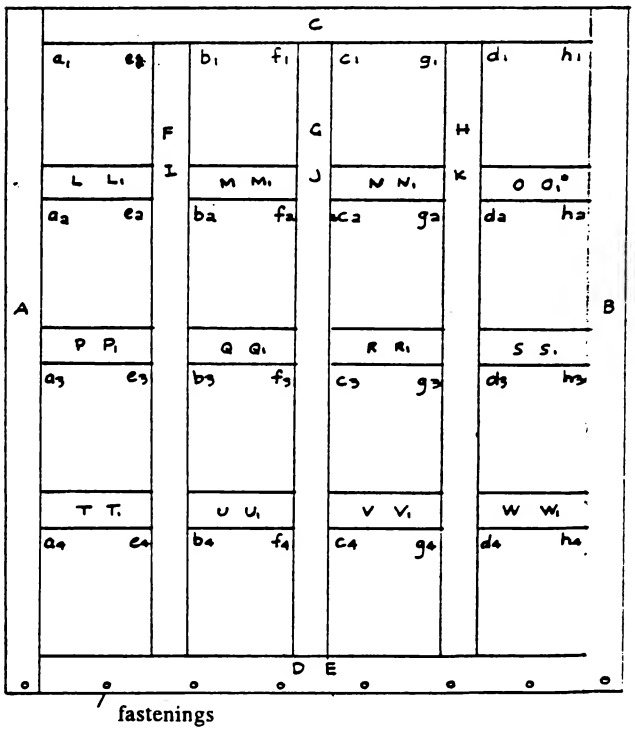


Diagram 2: Placement of Material



Key
1cm seam allowance on all seams
a-d one side c-h reverse side.
F, G, H, D one side
I, J, K, C reverse side

groups of 4 swatches to 3 stripes. (Refer diagram 2.)

- Join these to F – K strips.
- Join C, D & E to narrow ends.
- Join A and B to sides.
- Tidy up edges and hem opening. Attach fastenings (Velcro, buttons, or covered poppers) at regular intervals.

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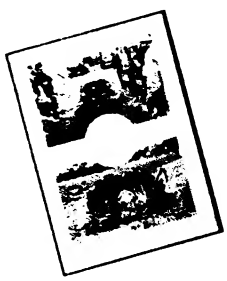
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SAVING THE FAMILY FARM

by David Miller, Shepparton, Vic.

In the late seventies, the Ward family farmed their 1050 acre property the modern way, with consultants, expensive machinery, new crops and high overheads. When drought struck they nearly lost everything – it took the new, cleaner, greener methods of biodynamics to make the farm viable again.

Ron Ward has worked on the Ward family's property at Cootamundra all his life. Fifteen years ago they were up to their eyeballs in debt and then a drought threatened to force them off the land. Here is the fascinating story of how Ron and the Ward family turned a farming failure into a viable enterprise with clean, green agriculture.

The Ward family have been farming at Cootamundra for four generations, and in that time have probably faced everything Mother Nature could serve up to those trying to earn an honest, country living. In the late 1970s, they were struggling because of probate payments resulting from the untimely deaths of two family members. So Ron Ward, who was running the farm with his parents, took the best advice to be had from agricultural consultants at the time, which was to fertilise heavily, grow the newest crops, use the latest pesticides, buy the best machinery, and try to make as much money as possible using the new machinery for contract work on other properties.

The Wards were keen to make their enterprise a success, so they grew linseed, canola, lupins and triticale, and always tried to get full value out of all the machinery they purchased. This constant effort, both on and off the farm, would hopefully reduce the debt and the interest payments so they could have sufficient funds to improve the property.

All the while, however, they were growing more aware of the spiralling costs and the gradual degradation of the soil. They seemed to be spraying more, with chemicals that were more expensive, but resistance to sprays was becoming a serious problem that could not be solved. Ron's brother worked off the farm as a salesman for an agricultural chemical manufacturer, and he was reporting a higher incidence of resistance problems on other properties as well. If the chemical companies could not keep bringing out more and better herbicides and weedicides, crop yields would be too low to be profitable.

After a number of years with no improvement, the Ward family decided they had to act for themselves by changing their farming methods to conserve their raw material, the soil. Normal practice dictated that farmers burn stubble before ploughing in autumn. If the straw was ploughed in, everyone thought the soil nitrogen needed for the next crop would be used in converting it into humus, so the following crop would yield less. The burn would also kill diseases lying dormant ready to attack the next crop. The Wards decided they would not burn, but keep the stubble as soil cover over summer and autumn as protection against erosion, then plough in autumn to incorporate organic matter into the soil and raise the humus level. This was known as trash farming. They would also reduce the use of chemicals to a minimum, because they were not working effectively, and use more crop rotation to break the disease cycle. The next step was to start a tree planting programme to reduce the effect of wind on the paddocks, provide shelter for stock and re-create the natural environment on the farm again.

They then started to learn all they could about different farming systems.

Change came suddenly in the shape



Ron's biodynamic pigs are bred on free range and finished in outdoor sties.



Ron Ward with the ever-present farm bike and a new and deeper smile. Gone are the worries of farm debt.

of the crippling drought of the early 80s. The Wards were close to being invited to leave the property because their losses were so high. No crops grew, so not only was there no income, but they lost the total cost of sowing which included the seed, fertiliser and sprays – a huge investment in a high input system. They found this one drought set them back 10 years financially. Because costs in agriculture are so high and profits low, the drought that eliminates the crop every 7-10 years can easily take the profit generated in those years. Australia is prone to frequent but randomly occurring droughts, and the Wards realised they could never be confident of clearing the farm debt while they used a costly high input farming system.

So they struggled on until one evening, some years later, they saw a television documentary on biodynamic farming. Their immediate response was to laugh because pasture growth on the farm shown looked so poor that the method seemed to be of no value. Later in the programme, to their surprise, they were shown the farm in its original state and were quite impressed because the country had been barren and infertile. They contacted Alex Podolinsky, a biodynamic farm consultant, who subsequently visited the property and offered to help them convert to a biodynamic operation. Alex was impressed with Ron's awareness of soil degradation and the family's dedication to improving the soil, but he warned that they must be prepared to change their thinking to be successful.

The Wards decided to put every effort into the new method and Ron kept in touch with Alex and discussed problems with him as they arose. If Alex didn't know the answer he would direct Ron to other farmers who had solved similar problems.

The new system was quite different for Ron. The emphasis was on increasing the biological activity of the soil by using the biodynamic spray, 500, as an activator and encouraging any deep rooted plants (weeds and all) to grow down and open up the hard pan and bring minerals up from the deeper layers. They then began to plant perennial pasture, which is also deep rooted, and to use an Agroplow to open up the soil further. This would speed up the soil's activity and bring the worms back.

Soil compaction had been a major problem on the Ward property – because of the emphasis on cropping, heavy machinery had been over the paddocks for years – so a natural and permanent approach to opening up the hardpan was bound to be successful. Ron was amazed at pasture root growth after Agroplowing. It had extended 15 centimetres deeper only seven weeks after just one pass with the plough. Nowadays, Ron keeps heavy machinery off the paddocks as much as possible.

Another change has been the emphasis on pasture, rather than cropping, and maintaining a balance between legumes and grasses. Grasses, and sometimes crops, are now managed to use up the nitrogen built up in the soil by the legumes. This controls acidity.

Ron has also stopped contracting, so the operation does not have high repayments for machinery and consequently the pressure of working off the farm is gone. There is less crop sown and the costs of sowing have been drastically reduced, so overall the farm costs one-third less to run but profits are the same. This means that for every dollar made there is a higher profit and the risk is lower because of the lower overall costs.

Ron also tries to recycle nutrients around the farm as much as possible, so hay and grain are not sold, but fed to stock for sale. This, coupled with the use of deep rooted pastures, has solved health problems in the livestock. Sheep which once suffered from scabby mouth are now better and no clostridial vaccines are needed. The incidence of flystrike has almost been eliminated and this may be because of a rise in the dung beetle population, due to the increase in soil fertility. Originally they used to jet their sheep each year to control flystrike, now they only crutch them, and there is no footrot.

No stock have been drenched for worms in eight years and garlic added to the pig feed has solved any problems in that department. There are also no lice on the cattle.

Ron now has strong feelings about the use of chemicals which he thinks merely cover up deficiencies in management. In resorting to their use, you don't discover what is causing the problem, so the problem persists and the chemical solution to it is expensive, and in time becomes more so because of resistance. This has been a major shift in thinking for a farmer. Ron has also developed a new attitude to weeds. He now uses them as an indication of the mineral or management requirements of each paddock. Fertiliser is still spread on the farm but it is a lime-rock phosphate mix spread at low levels every few years. Compost is also made from the pig manure and this is spread from a belt spreader when it has turned to a crumbly mixture.

So on the Ward family farm production is up, quality is up and costs are

down. Ron says he will not lose very much in this year's drought, whereas in the last one they lost over $100,000 and he has the records to prove it!

When Ron had the farm's biodynamic management in place, he and his brother got together to try and gain an extra margin through more intelligent marketing of the cleaner food they were producing. They were grazing sheep and cattle and producing pigs for sale through the local saleyards, a system which did not recognise the better value of the biodynamic produce. After four years of trial and experience with a number of butchers, Ron now has two outlets which offer his produce direct to their customers and the Wards are paid a premium for their superior quality meat. This has been hard work because it is dependent on finding a retailer who can see the benefits in the product and who is prepared to market it accordingly. When this is working satisfactorily, extra margins can be applied so all benefit. And with the assured income and the consequent freedom from debt, consumers have ensured their supply of better quality food.

Ron now backs his retailers to the hilt. He has produced leaflets which outline the important aspects of biodynamics and how it is reflected in food quality. He is also prepared to attend promotions of his products at the shops and work directly with the retailer to get the product to exactly what the consumer wants, and to have it available 52 weeks of the year. To do this he manages his sheep and pigs to produce throughout the year and often buys young cattle from other biodynamic producers for fattening. Over the last few years, consumption of Ron's produce has increased due to the successful efforts of the producer-retailer team.

So the Ward family farm has become a highly productive property, and looks it, even in the drought conditions of this year. The stock look well and healthy, some of the grazing animals look even fat, and the financials are in great shape. Ron says you need to have a strong commitment to change a system that was part of your upbringing, but the power of change is the power of your commitment. When the change takes hold, you find you have more options for management than you thought possible, and you come into contact with many of the forward thinkers and practitioners in agriculture.

EASY KNITS FOR EVERYONE

by Judi Mullineux, Scotts Head, NSW.

Easy to make slippers, tank top and scarf for all ages make inexpensive family items, gifts for granny, or a present for a friend. All you need is a little spare time, a pair of knitting needles, scraps of wool and you are ready to knit.

SIMPLE SLIPPERS

They are easy to slip on and off, a real bonus on cool evenings and those cold mornings. Easy to wash in a little soft soap. Make them in any colour or combination. Great for beginners to try, they fit any foot shape and are easy to pack in an overnight bag or to wear in the car on a long journey.

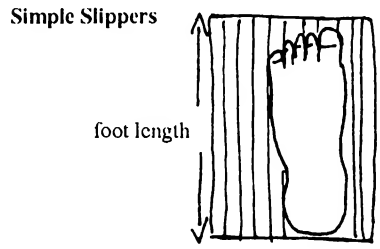
Materials

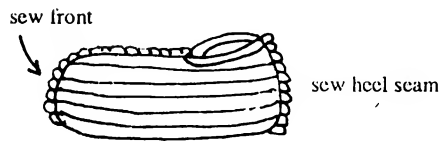
knitting needles size 4mm
wool, 8 ply or 12 ply
large eyed sewing needle

Method

Cast on 34 sts.
Knit 2 stitches, purl 2 stitches, continue to end of row.
Continue until knitting is as long as your foot.
Cast off in rib.
To sew up, join along seams shown in the diagram.

Simple Slippers





TERRIFIC TANK TOP

A very easy pull-on, sleeveless top, great knitted in 12 ply. It is extra warm to wear under your fishing or motorbike jacket, or make something special to pull over a pretty dress in the evening. Adjust the number of stitches for all ages and sizes from babies to adults. Knit up your bits and pieces of wool. Another pattern beginners can enjoy.

Materials

knitting needles size 4mm
wool, 12 ply or 8 ply
large eyed sewing needle

Method

Front

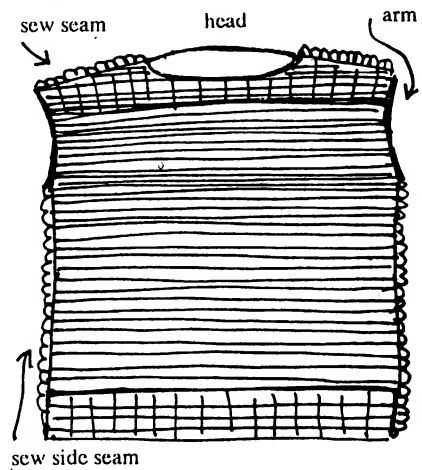
Cast on 68 sts (to fit medium adult).
Rib knit, 2 stitches purl, 2 stitches plain.
continue rib for 14 rows.

This can be varied according to taste. Using the same knitting needles continue in knit stitch until work is long enough to measure from lower hip to shoulder; this measurement can also be adjusted to taste. For a rib finish on the shoulder continue the next 14 rows:
knit 2 stitches, purl 2 stitches.
Cast off.
Repeat pattern for back.

To Sew Up:

Place both pieces together, sew side seams, leave enough space for armhole. Sew shoulder seams, leave enough room for your head.

Terrific Tank Top



SNAKEY SCARF

The previous patterns are easy to make, children learning to knit can make them instead of a scarf, but if you do want to make a scarf here's how to do it.

Materials

knitting needles, 4mm
wool, 8 ply

Method

Cast on 80 sts.

Knit many rows until your scarf is as long as you want. Two metres is a good adult length. Cast off.

Again, this pattern can be made to taste, so be adventurous with different wools and colours. Knitting is a fun hobby for boys and girls, you can wear what you make, look great and feel warm.

RAINFOREST SEED COLLECTORS – BEWARE!

by Adrian Walker, North Queensland

As a rainforest enthusiast, I feel seed collecting is a rewarding, relaxing, peaceful, and above all, healthy exercise. Now, to write an article about the above would merely seem to be stating the obvious so I'd like to tell you about the other side of the coin, the aspect of seed collection that gets the adrenalin pumping and makes sports such as bungee jumping and formula one racing car driving look positively tame. Read on, but first a warning, don't tell your insurance company what you're considering doing, that is, collecting rainforest seed in north Queensland.

At this point the uninitiated will be wondering what sort of crazed fool wrote this article; after all what's the difference where you collect. Fruit still grows on the trees doesn't it? Of course it does, but a few experiences in northern Australia have convinced me that north Queensland seed gathering will become the action sport of the 21st century. Let me share some of these with you.

Ever heard of *Semecarpus australiensis* or native cashew? No? A beautiful tree widely distributed in lowland rainforest north of Cairns. The first time I collected this species we were unsure where the large woody follicles all over the forest floor were coming from, but, being of enquiring minds, we gathered some, took them back to camp and decided to force one open with a bush knife. Logical thinking telling us that the seed would be on the inside. What is on the inside is a burning acid that sprays up to half a metre with unerring accuracy all over the chests and arms of the two silly buggers that tried to prise the nut open. The blisters and pain begin to subside after about four days, so take heart if you're stung. It doesn't last forever, unless you happen to be the unfortunate bush knife which was composted soon after, having lost most of its edge along with a significant piece of the blade. Just careless eh? Couldn't happen to me. Try this one.

Acmena graveolens or cassowary satinash is a large leaved lilly pilly with limpid pink new growth and fruits the size of golf balls. A friend told me of a tree fruiting heavily on private property and so, first obtaining permisson from the landholder to collect the fruit, I set out for a short stroll through some delightful lowland forest early in the morning. Bower birds were courting, fruit pigeons were cooing, the world seemed at peace and soon I found my tree. As all collectors know there's a deeply satisfying feeling to be gathering fresh fruit from beneath an aged forest giant and as I peacefully picked up the large fruits, carefully peeling the flesh, I became blissfully oblivious to everything around me. Until I heard the first, deep-throated grunt.

My first thought was, wild pig (about which more later), but upon turning around I met a very large and rather angry looking cassowary. How dare I intrude upon his feeding ground. Cassowaries are of course birds of very little brain and this one's very little brain appeared to be teeming with very much aggressive intent. Standard responses such as 'Cassy want a cracker', or, 'nice birdie', seemed totally inappropriate as I backed swiftly away from the aggrieved bird, which by then was advancing in my direction booming and grunting like an out of control steam engine.

Common sense said drop the bag and bolt, collector's instinct said drop half the bag and bolt. I opted for the latter, the diversion worked. The landholder sniggered heartily and told me how old 'Charlie' could be fed on bananas and thus had no fear of humankind. Memo: Take a bag of bananas next time collecting *Acmena graveolens*.

Feral pigs are another story that can strike fear into the bravest collector's heart. More than once I've ended up sitting in a tree watching a monstrously tusked old boar eating all the rare seed I've just spent an hour collecting and naturally dropped in my mad scramble up the nearest black bean or strangler fig.

My collecting colleague was less fortunate in his dash up a tree to avoid a pig. Deciding that the greatest height represented the greatest security he soon found himself amongst the northern elkhorns festooning the lower branches of his refuge. Just as he was congratulating himself on not dropping the bag of seed, one of the elks above him gave way at his grasp. The elk tumbled harmlessly down to be devoured by the waiting pig but the five metre scrub python that had been napping within the elk landed squarely on my friend's head and shoulders. Pythons are gentle and placid creatures, but sudden shocks affect their bowels in a most unfortunate manner. My friend has subsequently taken up wrestling, claiming that the pigs are safer to deal with than the uncertainty of what may rest in the trees.

Few people believe this story but every detail is absolutely true. I was within a few feet of him when it happened and nearly an hour later when we descended the tree, wished I could get a few kilometres away from him. Snake faeces has an odour all its own, none too easily washed off. The last story is a hard one to follow, so I shall close now and merely warn you that it is much safer to just visit your local rainforest nursery.

Reprinted from the Rainforest Seed Collective Newsletter, Vol 3, 1992. Subscriptions are $12 per year for 4 issues, or $8 concession. Write to: RSC, Private Mail Bag, BELLINGEN 2454.

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SELECTING AND BUYING POULTRY



by Megg Miller, Euroa, Vic.

Buying ducks or hens for the backyard sounds a simple task, but to the beginner it can be a complex operation. The number of birds needed, the age at which they should be purchased and who to get them from are all problems that must by solved. Hopefully this article will provide some guidelines.

It is a good idea to reread the poultry material previously published in GR, particularly articles discussing different breeds. Just as species differ, so too do the breeds within them, and it is helpful if you have some idea of the distinguishing characteristics between the most popular ones. With ducks this would mean Pekins, Runners, Campbells and Muscovies while if we were discussing fowls, Sussex, Leghorns, Rhode Island Reds and Silkies would be included.

Visit agricultural shows and look at the poultry on display – you may see some you like. If undecided, check out your local library. Unfortunately there is no one definitive book in colour whereby you can compare breeds. The most useful source has been the *Poultry Breeders Directory*, but a third edition has not yet been published.

CHOOSING THE RIGHT STOCK

Assuming your interest in poultry is the lure of fresh eggs, your choice of stock will be restricted to either ducks or fowls. Other avian species are not normally kept for egg production. There are points for and against both ducks and fowls and a quick appraisal of these may lead to a more informed decision.

Ducks are quaint creatures that are noisy (barring the Muscovy) and prone to loose, messy droppings. The back doorstep is often a favourite spot for the latter. Ducks are gluttons with food and will pig out if rations are available ad lib in a self-feeder. They like to moisten feed before swallowing, so splash drinking water around. Further mess results from them washing with their water. A smelly quagmire can be avoided by placing waterers on wire platforms.

Ducks are regarded as sensitive and highly strung, especially the layer breeds, and, although they don't fly like fowls when frightened, they can become very stressed. They crowd into corners and may injure legs or suffocate. They are also easy prey for dogs and foxes because they are unable to fly out of reach. On the plus side, they are hardy, with a remarkable resistance to disease. They are also useful in the garden for slug and snail control and cause minimal damage.

Indian Runners and Khaki Campbells are top layers, some producing around 300 eggs for the year. They are probably the best suited to backyard production. Table breeds like Pekin, Rouen and Muscovy are poor layers. Some of the rarer breeds are reasonable producers as well as being gorgeous to look at, and are worth seeking out. These include Cayugas, Blue Swedish, Saxony, Appleyard and Welsh Harlequin.

Muscovies may be appropriate when the quacking of ducks could cause a nuisance – this breed makes a low, whispering sound. Keep in mind that they are the only domestic duck breed that can fly; keeping the feathers on one wing cut will prevent this.

Another point favouring ducks is their basic housing needs – a sturdy, predator-proof shed is all that is required. Because they do not scratch they can wander in the garden (seedlings must be protected) and this bypasses the need for an enclosed yard. Neither perches nor nest boxes are necessary, the ducks being content to lay on straw in the shed, or wherever they fancy.

One of the attractive features about fowls is the wide diversity of shapes and colours – with so many breeds available, stock is usually easier to obtain. Keen gardeners will have to keep hens under control, for unlike ducks they scratch and destroy. Although they will help control garden and orchard pests, it is better they do not consume slugs and snails. It is not well known that the latter may be hosts for tapeworm to which fowls are susceptible. Ducks are unaffected.

Within the range of chicken breeds some are inclined to flightiness, such as Leghorns, Anconas and Hamburgs, while others like Australorp, Sussex and Faverolles are very placid. But all fowls are capable of flight when startled and this characteristic should be taken into account when choosing stock. If neighbours' dogs or a busy road are considerations, you will need to select a very quiet chicken breed or go for ducks. Fowls like to perch at night and to lay in a darkened nest box so these need to be incorporated into their shed.

Fowls are not as resistant to disease as ducks but should have no problems in the backyard situation where stresses are minimal. Roosters are usually banned in urban areas because of their crowing, but don't forget hens are capable of noise if excited or harassed. Generally, you can assume that a handful of hens kept safely and sensibly will make less noise than the equivalent number of ducks and are unlikely to irritate neighbours.

DETERMINING THE NUMBER TO BUY

If you are an urbanite this will probably be governed by existing council bylaws, the number varying usually between four and twelve. Country dwellers are often free of such limitations. Do not start with more than six females, and if a little unsure, purchase two initially and then add to the number when appropriate. It is not recommended you add hens to the flock individually, they may be badly bullied by the 'old stock', two newcomers appear to cope better.

The laying capacity of birds will be governed by breed, age, ration and the kind of management you give them, so there is no way you can calculate in advance the precise output of stock. If you are serious about the economics, choose young commercial hybrids which should lay 250-300 eggs in the first year in the backyard situation. You could anticipate a similar output from a good laying strain of duck. Purebred fowls will not produce as well, but this may not be an issue in many households.

In determining the number of birds to start off with, take factors like your livestock experience and amount of leisure time into consideration. You do not want to have more birds than you can handle. Start with just a couple and add more later if desired.

AGE AT PURCHASE

There are several ages at which poultry may be bought. 'Off heat' is the first convenient age, it refers to chickens and ducks that can cope at night without the warmth of a mother or brooder. They may be between 4 and 8 weeks and

should be well feathered. Stock of that age are usually cheap, but they may not be sexed. You have to care for and feed them for several months until they reach maturity.

Point-of-lay (POL) is the common age for pullets to be purchased, especially hybrids. You are assuming the stock are on the point of laying, but irresponsible sellers may sell off birds of 16 weeks to the unwary. Pullets commence lay around 24 weeks, and stock younger than 18 weeks are not POL. Look for good comb development and reasonable body size in POL pullets. Birds should also be uniform in size and development; you have a right to question the sale if there are marked discrepancies, and to challenge the price asked.

Purebreds are often sold off at 10-12 weeks, when stock are around half grown. They can be a good buy as they are cheaper than POL, and will have been sexed, unlike those sold off heat. You get to rear and quieten the birds, and have them well settled into the place before unsettling hormonal changes take place at POL.

It is more common for ducks to be sold off heat than at any other age, and usually birds must be bought from exhibition breeders. There are few commercial operations producing ducks of any type for sale.

RECOGNISING THE AGE OF POULTRY

Unlike other farm livestock, poultry have neither teeth nor horn development to use for easy age recognition. If you buy from a commerical hatchery you can usually be confident the birds are the age stated, as such businesses value their reputation. Most purebred operations are also reliable; it is at auctions or markets where you may be taken for a ride. You will need to look closely at a pen of birds to tell young and old apart. Look for signs of ageing around the eyes, or associate it with a fatty saggy abdomen, thick and often encrusted legs, excessive toenail growth, and mature development and body size. This recognition is acquired through experience, so if you feel inadequate, double-check with the seller or, if at an auction, ask a reliable looking bystander. Remember that young birds are just starting off in life and will not have had time to develop most of the physical characteristics associated with ageing. Plumage is not a reliable marker either – a bird with glossy feathers may have only recently moulted, while younger birds living under rough conditions may show broken feathers or even bare patches.

It will not be the end of the world if you do unwittingly purchase a pen of mature or mixed age birds. Their useful life may be shorter, with eggs produced every second or third day instead of on a daily basis. Being deliberately misled is a different matter, and you have the right to challenge the seller over this and renegotiate the deal.

Many people seek out spent layers from battery farms and purchase these for a nominal price. The birds are usually pathetic looking creatures that improve with time and TLC. Some of these hens may not adjust to backyard conditions and will die, but in the main they refeather and live productively for several years. They have usually been vaccinated for various diseases but this does not automatically confer hardiness.

WHERE TO BUY

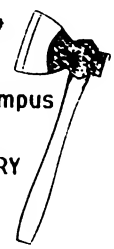
These days you need to be an amateur detective to get hold of poultry. Rural newspapers often list poultry for sale in the classified section and this includes large rural weeklies like *The Land*, *Weekly Times*, etc. Look in the *Yellow Pages* under poultry, the big commercial breeders are generally listed. Contact your nearest agricultural society for details of exhibitors, or the secretary of a local poultry group. The Royal Agricultural Societies in each capital city will usually try and assist city based buyers and give a contact for the state poultry body. Produce stores are likely information banks, knowing who buys which poultry rations and why. The *Poultry Breeders Directory* is also an invaluable source of contacts, and even if breeders cannot help you they may be able to recommend someone.

There is a growing trend towards poultry auctions and these provide a great opportunity to secure reasonably priced stock. They are certainly a better option then buying from dealers who have regular stalls at places like the Victoria Market in Melbourne. At auctions you usually have the chance of meeting and talking with the seller. It is a case of buyer beware however, and most people get burnt once in their life.

The most important point to remember in buying poultry is to avoid sick looking stock. Miserable, huddled birds represent a risk and should not be purchased. Other signs of ill health include a dry, shrivelled up comb, frothy discharge from the eyes, stickiness around the nostrils, and a nasty smelling throat. A build-up of manure on feathers under the vent is not a good sign, nor is an emaciated body. Avoid too birds with external parasites, indicated by bare reddened patches of skin, a bare vent area or rough, crusty looking legs.

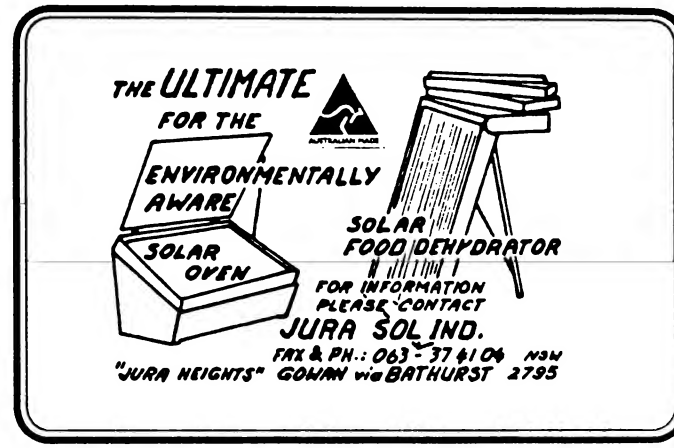
Hopefully you will choose wisely with your first hens or ducks and will go on to enjoy their company and the benefits they bring to a household.

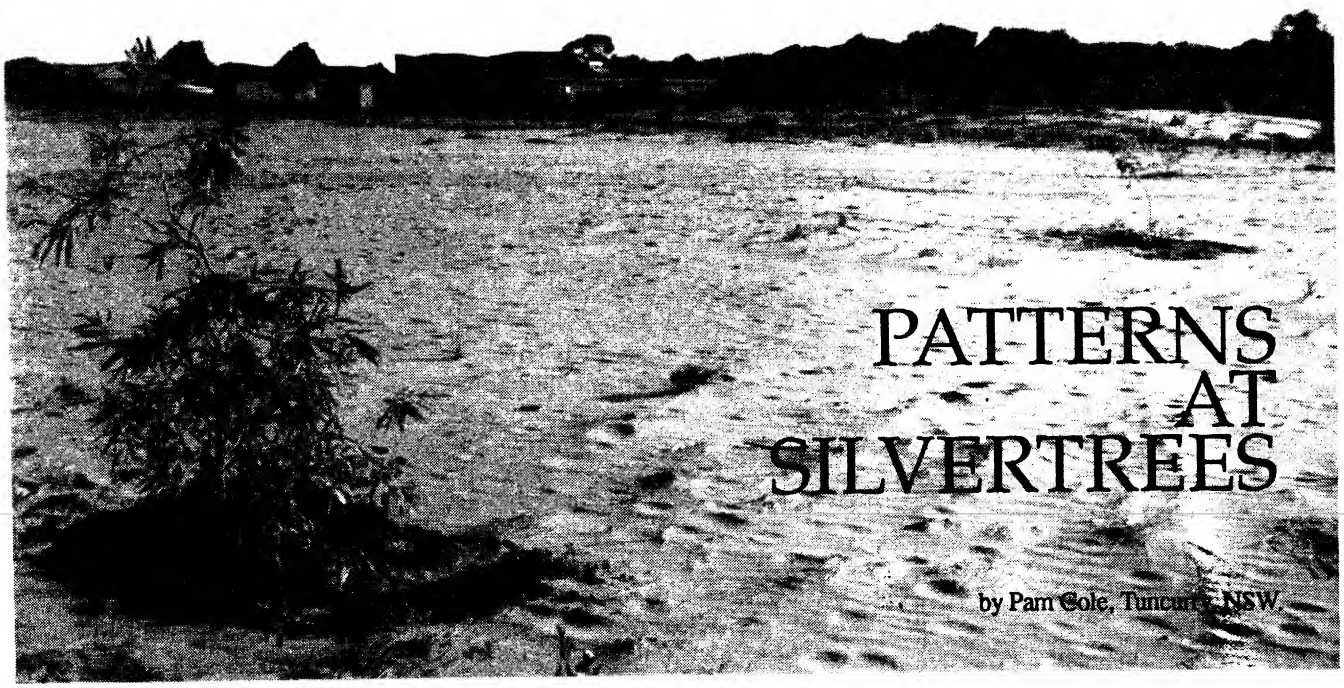
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PATTERNS AT SILVERTREES

by Pam Cole, Tuncurry, NSW

I find the little ritual patterns of everyday life so soothing and comforting in this sad old world. Such awesome terrible disasters and tragedies; so heart rending, but what can one do? Send prayers and thoughts, give money or goods; of course, we all do this, but how do we stay sane ourselves in the face of the ever-present bad news, how keep hopes alive? Well, I think it's by the heartfelt celebration of the happy minutes, the little quiet joys of everyday: these have a purpose, that of calming and comforting, and are here for us to absorb, and out of them derive courage and strength.

Opening the curtains, raising the blinds, unlocking the doors to step out for that first glorious breath of morning fresh air tinged with sea salt and the scent of pines and eucalyptus, boiling the kettle, letting in the cat, sharing with her a cuppa and the sunrise, releasing the dog for a wild scamper as we progress to the shed to supply that breakfast the hens and ducks are by now clamouring for... everyday, quiet, healing things.

In the evening, those chores in reverse order, with the added bliss of sinking on to a verandah chair, glass in hand to supervise the downward glide of the sun and its consequent tucking-in of glowing coloured cloud blankets, the homeward flight of birds, and the settling down of our little world for the night: the little actions of setting out food, drawing the curtains, starting to yawn.

The pattern of our cat's day goes like this. At the first sound of waking humans, stretch and rise from warm bed on tall hot water system, leap down via wood heap, dart to back door. Give cute and pathetic 'poor me' sounds (That should get 'em.), and more peremptory bats at back door if we are a little tardy in our duties. Accept cuddles, drink saucer dry, and swiftly select the best position for the day. The daylight hours having been spent in long rests and short strolls, the evening routine then comes into play: the big display of affection plus hints leads to the can opening ritual, and she retires to her penthouse apartment.

Directly below, in her kennel on the verandah, the Labrador wisely snoozes on until she hears the porridge being cooked. Then we hear the rattle of the chain, a stretch, a quiet sigh as she settles on the bricks awaiting our attention. Then it's joyful greetings, a mad canter around the dewy grass (with a skittering circuit across the kitchen's slate floor to attend to any leftovers in the cat's saucer) and a few games of fetch with sticks from the box of kindling near the wood-heap. Then follows a busy day checking on every move her humans make, keeping alert for the rattle of car keys which heralds a nice long trip to town for a machine part or bag of chook food. A good long run to the creek in the afternoon, or over to the sea. Then, The Meal, and an evening on the hearthrug, followed by a yawning retreat to the kennel, round off the day.

The pattern of the birds' day begins even earlier. Kookaburras in the gums by the creek begin it, then the dawn is announced by the rooster, followed by loud conversation among ducks. As the light grows, more and more bird voices join in; this varies with the seasons, but reaches its peak with the glorious warbling of the magpies.

The maggies have a routine pattern of their own. An active day of grub and grasshopper nabbing around our yard is punctuated by morning and evening visits to our back door, scrounging for a handout of muesli or scraps. One of them, we think the old mother bird, gives a polite warble of thanks as she momentarily perches on the roof before flying off.

Rosellas, honeyeaters, butcher birds, swallows and swifts, wild ducks, pigeons, ibis, black cockatoos, galahs, plovers and an occasional seagull or hawks of various kinds visit us as well. Their seasonal variations and patterns provide additional interest.

The days of course have patterns of their own – always variable and each with its own delights – dawn, rainbows, stunning storm clouds, frost or dew. The domestic rituals and nature patterns enchant me. These patterns of days and seasons lead one on to contemplate larger and deeper ones, those of lives and careers, the years themselves, the stars and moon, all suitable matter for

cogitation and soothing to the soul.

Should any detect a hint of smugness in the above, there is none. These are gentle ramblings of an older person sitting at peace on what we call our 'well-earned verandah' and enjoying such rural contentment after a lifetime of trying hard to attain it. Many of life's sadnesses and rebuffs, many years of hard work and going without led to our actually owning our ideal of a home in the country.

Farewell for the present from Silvertrees. May each of you enjoy your own patterns from your own well-earned verandah.



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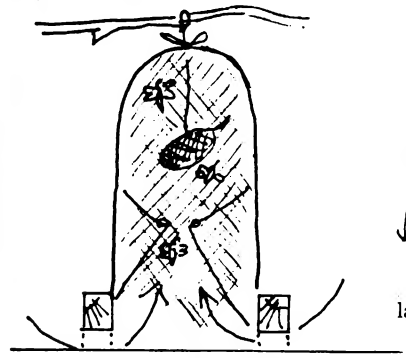
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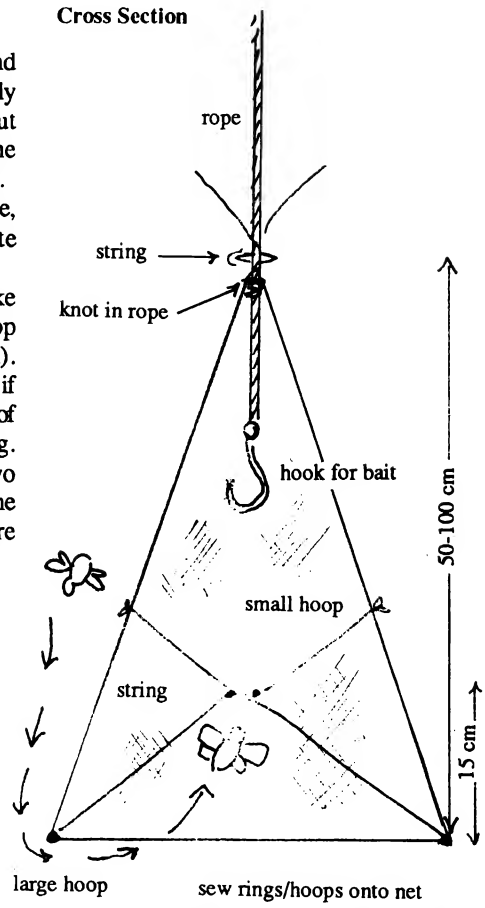
ROBERINO'S BEASTIE TRAP

Mosquitoes, flies, sandflies, blowflies and marchflies have all made my life fairly miserable at various times in the past. But now I have found a means to catch the nasties quite easily. Make thyself a trap.

First make two hoops from fencing wire, one as big as you like, the other quite small, say as big as a ten cent coin.

Now, with flyscreen or mozzie net, make a bell shaped trap, using the small hoop to form an inner funnel (see diagram). Suspend a piece of rotten meat (or fresh if you like, it will soon go rotten) upwind of your house or where you are working. Suspend it not far off the ground (say two centimetres) and soon you'll have a fine catch. The more traps you make the more pests you'll catch.





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USING DRIED FOODS

by Margaret Tacey, Kialla West, Vic.



With pantry shelves filled with containers of dried fruits and vegetables, you can face the winter content that your summer harvest will still provide you with nutritious food when fresh produce is scarce.

Choosing to dry your food is an economical and space saving alternative to freezing or bottling. Dehydrated food takes up less room in storage and, once dry, there are no on-going storage costs. The stored dried produce can be used throughout the year as snacks, reconstituted meals and as seasonings and ingredients in a range of recipes. You can be sure that the food is nutritious and by drying it yourself you can avoid the additives so often used in commercial food preparation.

A wide range of fruits, vegetables, herbs, snacks and meals can be dried using the sun or a solar or electric food dehydrator. Specific drying instructions can be found in home drying guides such as *Simply Dried*, published by Nara Products, and articles in GRs 95 & 101.

Rehydrated vegetables can be used as you would fresh. Broccoli, Brussels sprouts, cauliflower, okra, asparagus and beans should be soaked for twenty minutes to two hours, depending on the size of the pieces. Alternatively, use a full range of diced vegetables in soups, casseroles and stews. Vegetables such as celery, asparagus, cucumber, lettuce, tomato, zucchini and capsicum can be powdered to use as seasoning on salads or in stews. Zucchini or tomato pieces can be sprinkled with herbs and spices before drying and eaten as a snack or with dips.

Dried fruit can be eaten as a snack as it is so convenient. It can be added to muesli, desserts, cakes, pies, yoghurt, milk shakes and ice cream. Fruit leather can also be soaked in water for twenty minutes and blended as a fruit drink or reconstituted in a little hot water as a single serve of sugarless jam. Dried fruit expands three to four times its dry volume when soaked.

TIPS FOR SUCCESSFUL DRYING

- **Choose good quality foods to dry.**
- **Ensure that the temperature of the dehydrator is low enough to dry the food, but not cook it.**
- **Steaming or blanching speeds up the drying time by softening the tissues and putting a halt to the ripening process.**
- **Check the dryer, rotate shelves and turn fruit or vegetables periodically.**
- **Test for dryness by squeezing the food – if pockets of moisture show, it's not dry enough.**
- **Store dried food in airtight containers.**

Refer to GR 95, *Happiness is Owning a Food Dehydrator* and GR 101, *Fruit & Vegie Drying*.

ENJOY TOMATOES ALL WINTER

The versatile tomato is an ideal candidate for drying. Start with good quality fruit, as blemished tomatoes will not dry well, in slices or halves. The best varieties are firm, fleshy tomatoes, small to medium in size, low in moisture and with few seeds. The Italian heirloom tomato, Drying Tomato Principe Borghese has all these qualities.

After drying, the tomato pieces can be stored whole or ground to a powder in the food processor and placed in airtight containers. Whole pieces may also be packed in jars with a good quality olive oil, some garlic, oregano and capers and a splash of malt vinegar (two tablespoons for a 300ml jar).

Blemished tomatoes can be made into leather.

Tomato and Pizza Leather

Cut up a quantity of ripe tomatoes and blend in a food processor to an even pulp. Pour into a bowl and put in the refrigerator allowing mixture to settle. Pour off liquid. Add garlic, basil and oregano to taste, to the remaining pulp and mix well. Cover the dehydrator tray with cling wrap and pour pulp evenly on to tray. Dry until mixture is crisp and dry. Break or cut into pieces and store in airtight jars.

Tomato halves or slices may be used in casseroles and salads. Leather can be blended with hot water to make tomato paste for topping pizzas, or add pieces to stews, soups and casseroles for flavour. Powdered tomatoes can be blended with herbs and liquid to make soup.

Try these recipes or substitute dried tomatoes in your own recipes where fresh or canned ones are included.

If your pantry shelves are not stocked with dried tomatoes, commercially dried ones are available (though expensive). Plan to dry your own next season.

RECIPES

Savoury Lima Beans

1 1/2 cups lima beans
1 large onion
2-3 cloves crushed garlic
1/2 cup dried tomato slices
tamari or herbal seasoning
fresh or dried basil and parsley

Soak beans overnight, then drain. Place into boiling water and simmer until soft. Soak tomato slices in 1/2 - 2/3 cup water for 20-30 minutes. Chop onion and saute with garlic in a little oil. Stir in tomatoes, tamari and drained beans. Simmer 10-15 minutes and stir in basil and parsley.

Greek Salad

lettuce
cucumber
dried tomatoes
sprouts
capsicum
feta cheese
olives
salad dressing

Wash and tear lettuce leaves into pieces. Slice cucumber and capsicum. Cut feta cheese into cubes. Add sprouts, olives and dried tomatoes. Toss dressing gently through and serve with crusty bread.

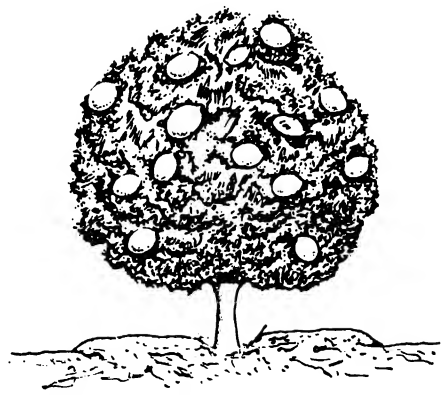
CARE OF CITRUS TREES

Now is the time to give your citrus trees some care and attention. If you want to shape a tree, remove lower limbs, reduce overall height, trim broken branches or prune it all; it should be done during late summer – early autumn. This will allow the resultant new growth to be frost hardy by winter.

Examine the tree for ants, stickiness on the leaves or a black sooty covering of the leaves and shoots. All of these are signs of scale damage. You will need to spray with a soapy mixture of white oil. Try to clean up the infestation by winter. Avoid oil sprays after the end of May until September. Used in the colder months they can result in the tree dropping most of its leaves. Limit oil sprays to the warmer months, irrespective of the name of the oil.

During early autumn, your tree is capable of making a spurt of growth provided the soil is kept moist and the tree has access to sufficient nutrients. If you haven't applied a citrus fertiliser recently, do it now. Use a generous handful to every square metre covered by the tree canopy. Spread this evenly over the area ready to be washed into the soil by watering. Citrus trees are surface feeders. They need loose friable soil, and benefit from mulching. Use mowings or straw, but animal manure is best, particularly when it is half rotted.

Often, when the tree has rooted out into the hole you prepared at planting time, its growth will slow and fail to penetrate further hard ground. This may occur in the third year. It will be necessary to remove the turf, if it is lawn, and deeply break up the surrounding ground, working in a dressing of dolomite (ground magnesium limestone). A thick



mulch of manure will prevent the lawn from growing back over the area. Your tree will quickly root out into this new soil and show new growth.

Your tree may drop immature fruit. This is a sign of stress and will usually occur just after blossoming, when the fruit is about 2-3 cm across, or just before ripening. The natural plant hormones required to carry the fruit to maturity can be encouraged by watering in, or spraying on a natural seaweed fertiliser. It is vital for the tree to have ample moisture and plant foods. The aim is to encourage even growth, free from extremes of dryness. All citrus trees do better protected from wind.

Oranges in particular will react to uneven growth by slitting of the fruit. To some extent this is unavoidable, but caring for the tree in the way outlined will reduce it. If your orange has had a tendency in the past to split, apply a sprinkle of complete trace elements over the root area. Repeat this every three years. Very thin-skinned oranges such as Leng Navel are more inclined to split, particularly in an autumn of extreme temperature and moisture changes.

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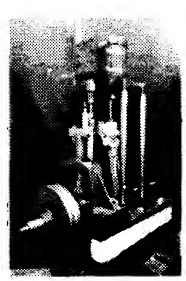
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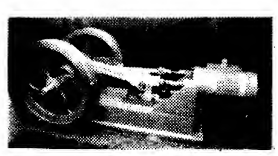
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MORE THAN JUST A DEHYDRATOR

by Sylke Rees, Railton, Tas.

Two years ago I wrote an article for GR titled 'Happiness is Owning a Food Dehydrator.' After that article appeared I was inundated with calls and letters from people wanting more recipe information and tips in general about the type of dehydrator to buy. Justifying the expense was of course the main issue, and as many gadgets that are on the market tend to spend most of their time in the cupboard, people were a little hesitant in investing what for many is a great deal of money on a dehydrator.

Well, I realised that my dehydrator has a permanent place in my kitchen and is never switched off for very long. I am still using my Nara dehydrator and would recommend this brand as the trays are easily removable, so that the entire unit can be used for making yoghurt or for the ideal place for your bread to rise. Also it has never missed a beat for all the long hours it has put in for me.

I have included here some of my favourite low season recipes, and I am really looking forward to the bounty of fruit and vegies I will be able to dry from my garden this season.



The dehydrator can be used as an incubator, but you will need to use an accurate thermometer.

EGG INCUBATOR

The Nara dehydrator can also be used as an egg incubator. You will need to use an accurate thermometer as the in-built thermometer control is not accurate enough. Stabilise the interior temperature to 37.5-38°C. Place a bowl of water in the bottom of the unit and ensure that it is always topped up with more water as required. The eggs will need to be turned at least three times a day, always turning them an odd number of times so that they do not spend the long nights on the same side. Draw an X on one side, so that you can keep track.

Duck eggs require extra moisture as the shells dry out too much. Just keep a bottle of water near the unit and give them a quick spray each time you turn them over. Chicken eggs will hatch out in around 21 days and duck eggs around 28-30 days. Two days before eggs are due to hatch, stop turning them, but continue to wet duck eggs.

HOMEMADE YOGHURT

Bring two cups of milk nearly to boiling point, then remove from the heat and allow to cool to about 50°C. Stir in four tablespoons of milk powder. Place two tablespoons of plain shop bought yoghurt, or yoghurt from your last batch, in a separate bowl. Add a little of the warm milk to this and blend. Stir this into the remainder of the milk and place bowl in your dehydrator, set at 50°C for 6-8 hours. Remove and place in an airtight container and keep in refrigerator.

TASTY RECIPES

Chewy Yoghurt Bars

Cut plastic wrap or oven paper to tray size and tape to trays.

Simply spread any flavoured yoghurt you desire on the trays, taking care to get an even spread approximately six millimetres thick. Place in your dehydrator overnight and the next morning, simply roll it up to store, or cut into pieces. You can add all kinds of ingredients to your basic yoghurt. Try placing thinly sliced fruit on top of yoghurt for extra flavour, or shredded coconut sprinkled on top is another tasty alternative.

Muesli Bars

3 cups rolled oats
½ cup wheat germ
2 cups shredded coconut
1 cup sunflower seeds
½ cup bran flakes
½ cup mixed chopped nuts
¼ cup sesame seeds
¼-½ cup honey
2 large bananas, mashed
1 tbsp lemon juice

Mix all ingredients thoroughly till quite dry. If too wet or dry add more of appropriate ingredients. Cover trays with waxed paper and spread mixture on these. Dehydrate for 8-12 hours or until mixture will pull away from liner. Cut into bars and store in airtight container.

Date, Banana & Sesame Slab

2 cups dates
6 ripe bananas
½ cup sesame or sunflower seeds

Cover dates with water and soak for 12

hours. Place in blender with bananas and seeds. Spread 1½ cups of mixture onto each tray which has been covered in waxed paper and dry for 18 hours. This is a moist slab and very delicious.

Homemade Pasta

1½ cups whole wheat flour
2 large eggs
¼ tsp cream of tartar
3.tbsp water

Mix flour and cream of tartar, divide mixture in half. Beat eggs together with water and then add to half the flour mixture. Mix, and turn out onto lightly floured surface. Knead until blended, using more flour if needed. Divide dough in half. Roll each half to three millimetres thick. Place in dehydrator for 20-30 minutes until a little dry, but still easily bendable. Remove from dehydrator and roll sheets as for a pinwheel. Sheets must be dry enough so they will not stick together. Using a sharp knife, cut to desired thickness and return to dehydrator to dry completely. Pasta is ready when quite brittle.

TOMATO COMPOST

Tomatoes do well in compost made from dead tomato stalks. You can apply this compost before it's completely decayed.

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COSY SLIPPERS FROM RUINED KNITWEAR

by Louise Verheyden.

Very little sewing is needed to make comfortable slippers from the sleeves of shrunken and felted jumpers or cardigans and so re-use instead of just throwing away.

METHOD

Cut sleeves of an old jumper off at the armholes. Place one foot on one sleeve, leaving sleeve material surrounding the foot and with toes pointing towards the cuff. Cut through both layers of material around the toes, leaving sufficient material for seam allowance.

Slip the foot into the sleeve, seam side upwards. Make sure that the toes are covered and that there is sufficient material to sew the slipper up at the toes.

Decide how far you want the slipper to cover the instep of the foot and cut through the sleeve seam to this point. Cut off the seam edges so they are neat and even. Fold them away to reach the heel of the foot where it rests on the sleeve. Cut around the heel, remembering to leave seam allowance.

While your foot is still in and on the sleeve, fit the two top halves around the heel and cut off spare material. Take foot away.

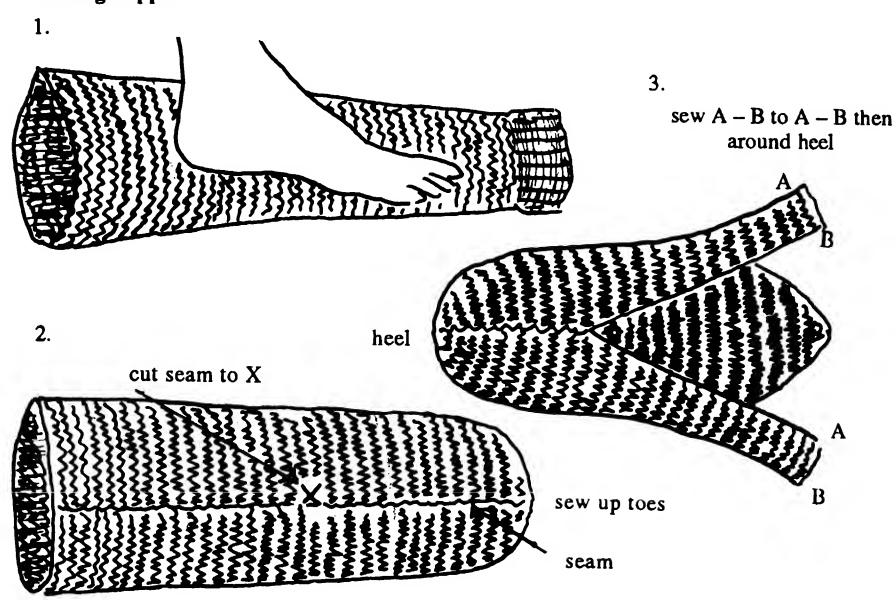
Copy this procedure with the other sleeve. It is not necessary to involve the other foot.

Finishing Off

Blanket stitch or crochet around all cut edges. Sew or crochet the front parts and back parts together. Fit back parts around the sole of the slipper and sew or crochet together.

To make slippers for toddlers or small children, who are inclined to wriggle, this procedure can be done with a slipper or shoe instead of a foot. The slippers can be decorated with pompoms or bows or whatever. They can have an extra sole sewn or glued on, but the simpler they are the easier it is to wash them again and again.

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A VEGIE PATCH FROM SCRATCH

by Mary Horsfall, Longwood East, Vic.

Last time I described how to build up a no-dig bed and start a compost heap. Even though a bed started within the last two months will not be decomposed by now, you can plant seedlings and large seeds into it while it is decomposing. Simply scrape a hole in the organic material you have built up, put a generous double handful of compost or good quality potting mix in the hole and plant seedlings into this. Large seeds, such as beans, can be planted in the same way.

Many areas experience heavy autumn rainfall. No-dig beds, being built up above ground level, generally drain pretty well, but if there is a problem with poor drainage it is helpful to dig a drain to carry water away from the bed. Vegetables do not like to be water-logged.

The following advice about what to plant in April-May is specific to Victoria, however other hints are relevant to all areas. Susan Hands from north Queensland has made suggestions based on the particular needs of that area. For information more specific to your area I think the best thing to do is ask an experienced local gardener. The popular monthly gardening magazines are also helpful in this regard, but of course will not be as specific as an experienced local person can be.

VICTORIA

Seedlings to plant in April-May include cabbage, cauliflower, onion (brown and mid-season), silver beet, spinach, leek and lettuce. White onions and broccoli should be planted no later than April in most areas. A punnet of mesclun lettuce planted in a styrene box or large pot against a north-facing wall, in April, should keep producing all winter and into early spring if you keep snipping from it.

Protect seedlings from slugs and snails and cabbage moths by placing a fruit tin (tops and bottoms removed) or two litre juice bottle with the bottom cut off around each plant. If using fruit tins, stretch cut-off pantyhose legs over the tops. Remove guards when plants start to outgrow them.

Plant seeds of broad beans with a stake beside each, both to mark the spot and to support the plant as it grows.

Seed packets and labels on seedlings generally give information about spacing. I've found that because a no-dig bed provides such a rich growing medium I can plant more closely than is usually recommended.

Put a generous handful of compost or manure at the base of each plant when it has been in the ground about a month.

Frequency of watering will of course depend on the weather conditions. Water seedlings well at the time of planting. Check them every day for the first week and make sure they are kept moist. At this time of year I would expect to water very infrequently, especially as no-dig beds retain water well.

NORTH QUEENSLAND

by Susan Hands, Innisfail, Qld.

This is the peak planting season for the backyard vegie patch and if you've followed Mary's article in GR 107 you'll have your small vegie patch ready to go.

One quick word here: If you live out of town anywhere in our wet tropical region you are going to have trouble with bandicoots in your garden; they are after the worms and a well watered, well mulched garden is ideal, having plenty of worms and being easy to dig. One bandicoot can dig up a row of lettuce



Even a small area can support a variety of vegetables and be highly productive.

seedlings in one night – and the bandicoot is a protected species. Some gardeners hire traps from their local councils and deliver the caught animals to the Parks and Wildlife. We fence our vegie patch with wire netting. The netting must be dug into the ground or the bandicoots will just tunnel under.

Plant all kinds of beans except the snake bean which is our summer bean. Plant from seed. Bean fly may be a problem. The adult lays its eggs in the leaves – visible as tiny yellow spots. The larvae tunnel down the stem to the ground, the stem is weakened and the plant may collapse in a strong breeze. Apply derris dust at the two-leaf stage and repeat at about fortnightly intervals. It is also helpful to hill up the soil around the stems for extra support.

All the following can be planted at this time of year from bought seedlings: broccoli, Brussels sprouts, capsicum, chilli, cauliflower, celery, chervil, chicory, Chinese cabbage, chives, kohlrabi, lettuce, silver beet, any of the herbs and tomato. The latter can suffer from wilt so ask your nursery person for a nonwilting variety such as cherry tomatoes, Scorpio or Hybrid Summer Taste.

Cucumber can be grown from seed; it is inclined to develop mildew so water only in the mornings. Peas also can be grown from seed, but are not worth the trouble if you live near the coast.

Carrot and radish as well as all the vegies previously mentioned can normally be grown from seed at this time of year, but a newly formed no-dig bed will not have a fine enough structure for such small seeds.

As it can be very hot in April it is better to plant out seedlings in the evening, giving them a night to lift their heads, then water well again the next morning. It is important to remember to water regularly in our hot climate.

PERFECT POTATOES

Walk into almost any fruit and vegetable market and your choice of potatoes is almost invariably washed or unwashed, new potatoes or red potatoes. Seldom is a named variety to be seen.

This is a shame for potatoes have names, and there are many varieties, each with its own texture, colour and special cooking and eating qualities. Potatoes aren't all the same. Many of the varieties are as different in flavour and cooking characteristics as chicken is to beef, or Granny Smiths are to Jonathons. Some potatoes make wonderful chips but are lousy mashed; others make terrible chips but fluff up beautifully when mashed. Yet read any commercial article on potatoes (or tomatoes) and nowhere will you find any importance placed on how they are to be used or on flavour, just yield, shelflife and uniform size! Yet to the consumer, flavour is the most important attribute.

Growing your own is the simple answer and recognising this Erica Vale has developed, from a programme using tissue culture and pathogen testing, 'super spuds' that are certified free from known harmful diseases and have superior vigour and much improved yields. A modern merchandising Specialty Spuds pack has also been developed containing sufficient seed potatoes to produce at least 15 kg of healthy tasty potatoes.

The initial releases include The Baking Potato (Pontiac), The Gourmet Potato (Desiree), The Chip Potato (Kennebec), The All Purpose Potato (Sebago), The Potato Salad Potato (Bintje) and, significantly, The Patio Potato (Crystal). Whilst all potatoes are easy to grow in containers, the Patio Potato is especially suitable as it produces very attractive flowers and a large number of tubers early on. Specialty Spud packs include several varieties which, otherwise, are not readily available. Packs are also identified by their best end use and contain detailed descriptions, comprehensive growing instructions, recipe ideas and nutritional information.

Contrary to popular belief, the potato is not fattening. It has a high fibre content, rich amounts of vitamins, some high-quality proteins, and a relatively low kilojoule value with a wonderful variety of shapes, colours and textures. Perhaps by growing our own we can restore the potato's reputation as the most versatile vegetable.

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A MORE EFFICIENT FIREPLACE

by David Gibson, Burril Lake, NSW.

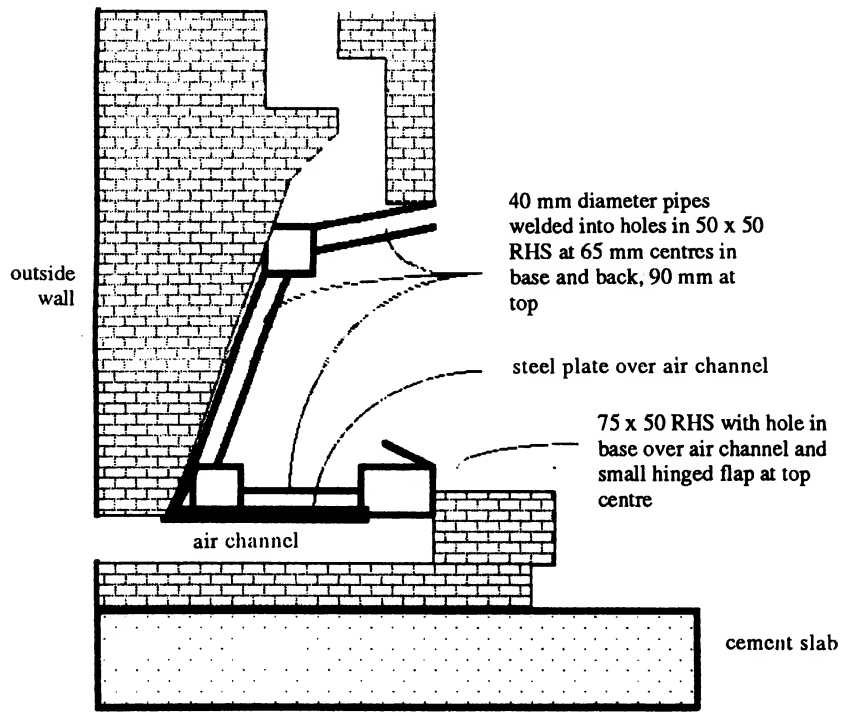
Open fireplaces can be a great focal point in a house, but unfortunately they are usually not good at heating. We had our first house built in Canberra fifteen years ago, and included a very impressive fireplace in the plan with visions of roasting in front of it on cold winter nights. However, it was near impossible to sit in front of as, even with the damper set correctly, a roaring blast of cold air from the other end of the house swept across the room before feeding the flames and going up the chimney.

I'd seen drawings of contraptions of bent pipes which had been put in fireplaces to improve their efficiency, so decided to try a tailor-made heat boost system. I found a scrap metal yard and workshop owned by an old tinkerer who was willing to attempt one. Drawings I'd seen showed pipes bent to a squarish 'C' shape spaced out by metal struts. The theory is that cold air is sucked in at the bottom opening of the pipes, is heated and rises in the pipe, and is then belched out into the room.

Rather than bending pipes (I guess he didn't have the equipment. The old fella drilled holes along two adjacent sides of a couple of lengths of 50 mm square RHS (rectangular hollow section) with sealed ends, and welded 40 mm pipes into the holes. This wasn't as expensive as I had feared, as the metal was second-hand and I think he wanted the challenge of making the contraption rather than a quick buck. I lugged it home, nearly had a hernia getting it into the fireplace, and was relieved to see that I hadn't botched the measurements. It definitely worked. Hot air came out of the pipes and into the room. But it still didn't stop the draught, which was coming from under the door into the hallway and from the exhaust fan opening in the kitchen ceiling.

So the thinking cap went on again. I had to be able to get air to the fire without it crossing the room. With a brick fireplace on a cement slab floor surely this was impossible to do without great ugly air ducts running around the room? But what about the back of the fireplace? And what if I could feed the incoming cold air through the heating system, into the room, and then finally up the chimney? I ended up carving out

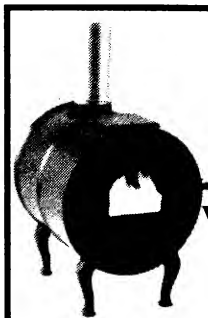
Diagrammatic Cross Section



a channel a brick length wide and a brick deep down the middle of the fireplace floor, continuing this out through layers of bricks to the outside of the house (with the help of cold chisel, hammer drill and skinned knuckles). A steel plate covered the channel, except for the front 75 mm, so I had an air duct from the outside to the front of the fire. I then had the welder make up a length of 75 x 50 RHS, drilled to fit the open ends of the bottom pipes, with a section cut out of the middle of the bottom to coincide with the open end of the duct.

Wow, now we were talking improvements! Only three more things remained to be done, place a draught excluder on the hallway door, cling wrap over the exhaust fan, and, the clincher, a small trapdoor in the top of the new piece of ironmongery which would be opened to force-feed a draught onto a freshly lit or sulky fire. Hot air was now pumping into the room and there was no cold draught.

We lived with this for four years till we moved to our dream on two acres (but that is another story), and only had to burn a couple of tonnes of wood a year (scavenged of course) to heat about 50 square metres of house, thanks to our '21 gun salute', as we dubbed it. There is now a stainless steel flue and wind deflector sticking out the top of the chimney, so I guess the 21 guns have been replaced by the present owners of the house with an enclosed heater. That's okay by me, as I put a Kent into the useless fireplace of the house we now live in. Really, it works much better than a tangle of pipes.



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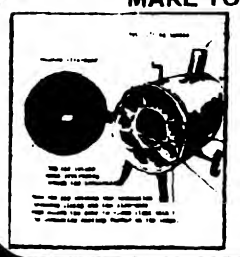
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How To Build A Portable High Voltage Power Plant And Welding Unit Using A Second-hand Car Or Truck Alternator

Research and Design by Jim Allowyn

This special research manual shows how to convert old car alternators into a high voltage power plant and welding unit. This unit will run 240V lights, power tools, heating tools, universal brush type electric motors (will not operate induction motors).

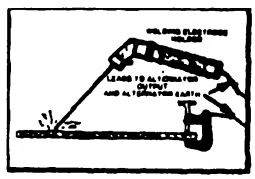
You will be able to fast charge batteries, arc weld, fusion weld with carbon arc rods, solder, braze, cut steel and heat steel to near melting point for shaping and bending.

Old 35 amp Bosch and Lucas alternators work very well The modifications are easily done by anyone with ordinary tools. All the required parts are available from auto electricians or auto accessory shops and the total cost of parts is "$12.00 to $15.00".

As a guideline to performance one 35 amp alternator will run 240v lights, drills, spot weld, heat

steel with twin carbon arc rods and do light welding. Two 35 amp alternators wired in parallel give an output of 70 amps which is adequate for most applications.

NOTE: You do not need a welder – this unique design enables welding leads to be connected directly to the output terminal of the alternator. The amps/voltage ratio is easily varied and controlled, enabling a low voltage, high amperage weld



ing current output from a direct connection on to the alternator.

In addition to using your existing car alternator and pulley you will learn about various drive line options including a high speed ground level wind chute power turbine which you can build yourself and a water wheel with enough power and torque to twist and break a 25mm solid steel drive shaft. Included is a simple method to convert old car generators into 2-speed 12v electric motors and a special section on formulas and chemicals which you can use and make yourself to rejuvenate old batteries. **P37 – $9.00**

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LANDCARE

by Roseanna Stokoe, Gin Gin, Qld.

"Landcare endeavours to involve the whole community in ensuring that land use involves as little degradation, pollution and erosion as possible."

Early in 1994, my partner Alfred and I moved onto 83 acres of bushland near Gin Gin, west of Bundaberg in Queensland. To both of us, it's paradise. We have magnificent views, enchanting silvery dawns and purple-pink dusks, silence and birdsong, privacy and peace.

Owning land for the first time was enormously exciting, but as I pondered the responsibility of caring for it, I realised just how unfamiliar I was with the whole spectrum of issues involved. Questions about fire control, soil erosion, weeds, the health of our dam and the quality of its water, stock management (I wanted to keep dairy goats), and soil health were gradually emerging in my mind. I was always meaning to get in touch with the Department of Primary Industries and felt uncomfortable as I pushed these matters into the background. We were very busy establishing the basics of living, so the most I managed was to occasionally bare my ignorance to our very helpful and knowledgeable neighbours.

Then, just when we'd got over the most pressing tasks of settling in and were feeling freer to consider the land itself, the response to my questions literally arrived on our doorstep with astonishingly good timing. We discovered Landcare, or rather, Landcare discovered us. The secretary of our local association, Phil Pilgrim, turned up with a survey questionnaire about what issues most concerned small landholders. A series of appropriate workshops was to be organised with experts in those fields. I couldn't believe our luck.

Landcare endeavours to involve the whole community in ensuring that land use, whether for farming, building, or recreation, incurs as little degradation, pollution and erosion as possible. The local group, the Kolan Shire Landcare Association Inc, is community based and has been operating, on government funding, for five years. Their various activities have included holding field days on subjects such as salinity and noxious weeds; setting up a gully rehabilitation programme, and running property management planning workshops for primary producers. Now, with the opening up of large areas for subdivision, the association has foreseen the necessity of focusing on we 'blockies', perhaps many of whom, like me, have had little previous experience.

We attended a meeting at which we were addressed by Heather Beever, Landcare Management Co-ordinator from the DPI in Bundaberg. Heather outlined the basic principles of property management, which are elaborated in detail in the book which is to serve as text for our workshops. Entitled *Self-Help Landcare For New Farmers*, it is a clear, comprehensive manual which I recommend highly. (See below for details of price and availability.)

The District Fire Inspector was also present, and gave a most informative introductory talk on fire control and prevention. Finally, two rangers from the National Parks and Wildlife Service spoke about our native and feral flora and fauna.

We met again with DPI staff to clarify the content of the workshops. We voted on more than a score of truly fascinating subjects such as bush foods, aquaculture, bartering, soil health, permaculture and organic farming, making an income from the land, as well as fire prevention, soil erosion, weed control and water quality. We were asked to offer any relevant features of our own properties as sites for the field trips, so we volunteered our dam.

The first workshop was a field study



Members of the Kolan Shire Landcare Association attending a field day to learn about soil types.

of soil types, conducted by Senior Soil Scientist, Peter Wilson. We were taught to determine our soil types by feeling its texture, examining its colour, its depth and profile, the structure, pH level, and fertility. We then learnt to identify the various land types on our properties, with reference to its position in the landscape, the vegetation, its geology, and the rainfall. The advantages and limitations of our properties from the point of view of land use then became clear, and we were able to select the appropriate trees, crops and other plants for the greatest benefit to the land and ourselves.

We then considered strategies to reduce the effects of specific land-type-related problems. For example, on very steep slopes where erosion has created watercourses and other damage, the planting of timber and/or the creation of contour banks is recommended. A very hard-setting surface with poor water absorption and no obvious mulching or friable soil on the surface can be improved by controlled stocking, carefully planned burning to encourage the growth of ground cover, the addition of gypsum, and/or contour ripping.

The next workshop was on soil erosion, presented by the DPI's soil conservation officers. Here, the processes involved in soil erosion were explained to us, and we were taught to recognise the potential for and the early signs of it, and take action. Erosion damage can be extremely costly to repair if not arrested in its early stages. We were made aware of the effects of wind, rainfall volume and intensity, catchment size, permiability of the soil, vegetative cover and structures such as roads and waterways which can channel the flow.

There are numerous types of soil erosion, and as many different ways of dealing with them, as we found on our field trip to several sites. Each situation must be taken separately and it is vitally important that any landowner concerned about erosion on their property seek expert advice. The DPI offers a one-to-one extension service for these people.

Providing educational workshops of a high standard to small landowners is a pioneering initiative of the Kolan Landcare Group. It is the fruit both of Phil Pilgrim's perseverance in arousing the interest of the community and researching their needs, and of the generous co-operation of skilled experts. It is hoped that this will serve as a prototype for change within Landcare groups nationwide, change which relies on the voicing of the need for a new kind of service.

The *Self-Help Landcare for New Farmers* manual is available by mail order from: Land Conservation, Department Primary Industries, Meiers Rd, Indooropilly, Qld 4068. Ph: 07-877-9592. Price is $10 plus $4 post and packaging.

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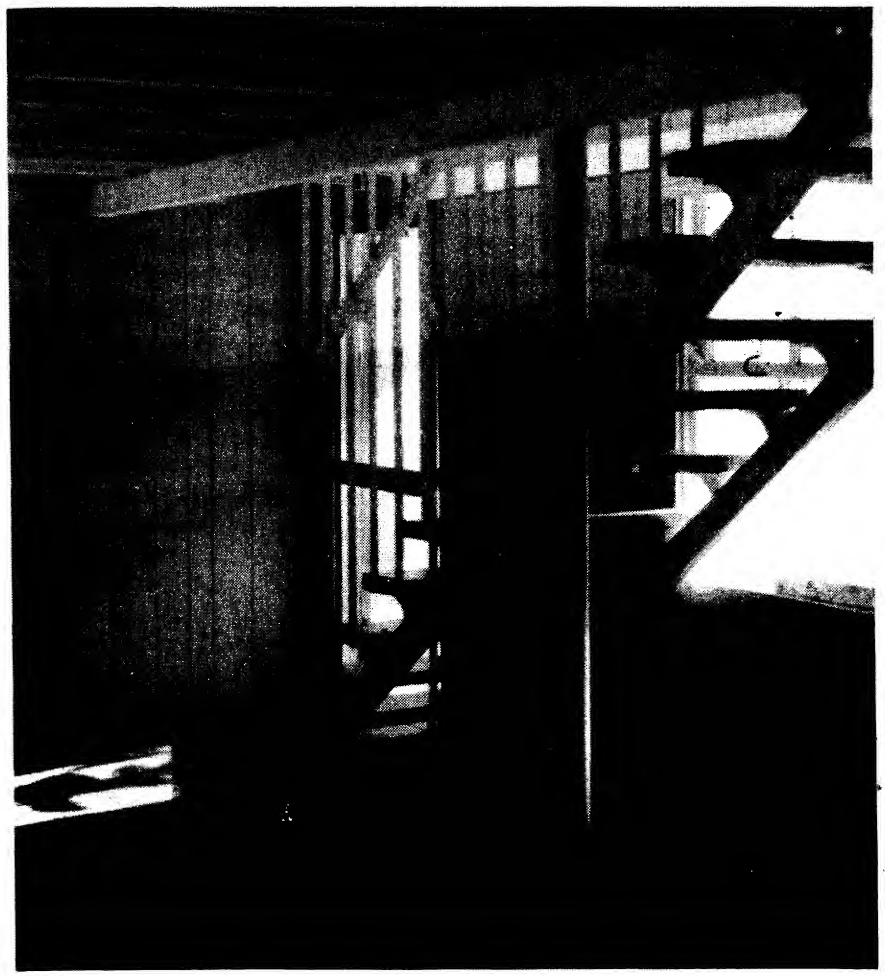
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THE BARGAIN HOUSE

PART II
IN RESIDENCE

by Susan Hands, Innisfail, Qld.



The finished staircase after the old wooden treads were replaced with black wattle cut from my sister's farm.

Now that we were living in our bargain house (see GR 107), we told ourselves, we could relax; take time to look around at the work which was completed, admire our handiwork, and the house itself.

In actual fact, we immediately set out to attack the 'slightly overgrown' backyard. Outside the back door reigned a fig tree, behind that, a mango tree tossed on its side by a cyclone. Beneath various branches of the mango grew some intrepid Alexander palms and, lastly, stretching back to a water-filled gully lay a quarter of an acre of wild raspberry and panicum grass.

Nobody had touched any of it for at least ten years. The current panicum grass grew on top of other, older layers like a genuine jungle mat. On my first forage to the end of the block I was on tenterhooks waiting for Dr Livingstone to appear complete with mosquito net face mask.

The first major yard project was obvious. Remove the fig tree. It was hanging heavily onto the roof of the shed and no doubt had roots tickling the residents of China. Fig trees are like that, consuming everything in their paths.

Once again the chainsaw came into action but this time it was in the hands of my 18 year old son. A mother can only bear so much. After five minutes I staggered back into the house and sat by the telephone. For as long as the saw kept howling I allowed my fingers to dance around the numbers marked 'emergency'.

Eventually the noise stopped and on looking outside I saw all the main branches from the fig tree lying tangled together on the ground. 'Okay Mum,' said my son flinging himself down from the stump. 'I'm off now, going to the beach with Johno and Jacko.'

Howard and I spent the rest of the day dragging the branches into the centre of the panicum grass. When they dried out we would then burn the lot, panicum grass included.

Once the branches were removed, Howard chainsawed the trunk of the tree (it was just a baby as figs go, only about a metre round) and we left the root base in the ground. In about three months when the sap had dried back we would burn it off.

BURNING OFF LIKE A PIONEER

Cut out a hole in the centre of root trunk, fill with a combustible material, light and place old sheet of iron over the fire. If the tree is dry enough the fire will burn down through all the roots. If the tree is very large you might get some subsidence as the roots burn. Watch this as you don't want to start any secondary fires.

With the fig tree down and all the mess burned we discovered a number of little concrete paths wandering around the yard. These cleaned up well and I set about planting pawpaws, avocados, custard apples, citrus etc, while Howard again turned his attentions to the house... or more specifically a garage, as we were having problems starting the car on wet mornings.

THE GARAGE

We ordered the steel columns and while plates were welded on the ends we set about digging the holes to the required depth. Once the holes were dug the building inspector came out to check and we were given the okay to pour the concrete.

The bottom of each hole was filled to a previously calculated depth with concrete which was left a week to

harden, then the following weekend the columns were placed into the holes and the holes filled with concrete to ground level. Howard and I mixed and poured the concrete while Warren held the columns straight using a magnetic level as his guide.

Howard ordered the timber needed to frame up the roof and once again we obtained some second-hand corrugated iron for the actual sheeting.

The following weekend the roof frame went up and the weekend after Howard and Warren screwed down the iron. The garage was completed for approximately the price we'd originally calculated.

Between Howard and I we have seven children (He has four, I have three.) and from the eldest to the youngest, Warren (the only one really living at home), they all complained about the sight of our house.

'When are you getting rid of that corrugated iron?'

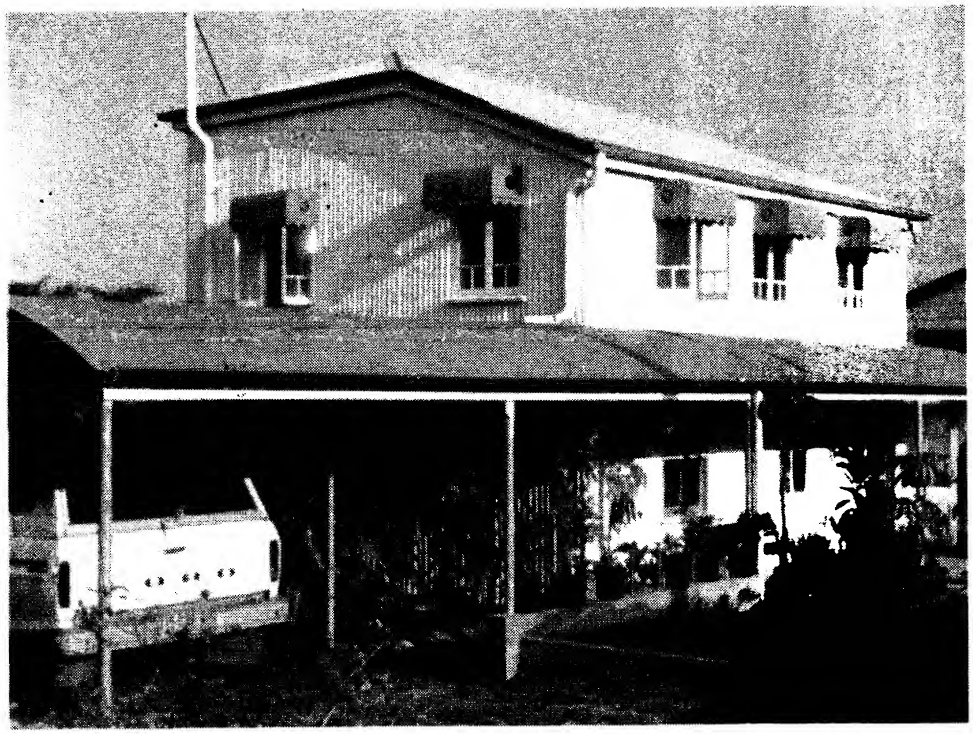
Our reply – 'There's no point, the stuff is structurally solid, beautifully waterproof, cools down in the evening far more quickly than brick and perfectly suits the style of house.'

'But the colour, it stands out like – '

'– never mind.'

Yet we fully intended to paint the house, we were of course just waiting for the necessary readies.

Over Christmas we did a few quickie jobs like putting in a clothes hoist and concrete paths to same; more concrete paths around the base of the house with a couple of 'spoon' drains to ensure the water did not run into the house downstairs; burning off and cleaning up the far backyard; getting in some 'mill mud' (from the sugar mill, used as a fertiliser-cum-mulch); and planting up a large area of sweet potatoes and taro.



We were so pleased with the transformation of our bargain house (See 'before' photos in GR 107.)

PAINTING – March 1990

Being intrepid, we started painting with one 20 litre tin of white acrylic, a couple of small and a couple of large paint brushes, a set of trestles kindly loaned by a local builder and with me wearing a hat as I was to paint below Howard.

By five o'clock that evening we had one undercoat on one side of the house. 'It'll probably need three coats,' said Howard, really making my day.

As we sat down in the cool of the evening to enjoy a well earned drink our across-the-road-neighbour strolled over. 'Been watchin yeh,' he said. 'Can't stand it any longer. I've got a spray gun over home if yeh want to borrow it.'

Howard finished the other three sides by two o'clock the next day, then put a second coat on the front. We finished the whole house the following weekend, making sure to clean the spray gun well before returning it to our neighbour. Boy oh boy did we admire our house! We walked up and down the street just to see it from every angle.

THE VERANDAH – August 1990

Even though it was officially the 'dry', rain had fallen steadily enough for us to seriously consider a covered walkway to the garage, besides, in a couple of months we could expect the really heavy rain.

A bullnose awning was mooted. It would tie in with the period look of the house, especially with the hoods over the upstairs windows; it would also reduce the box-like effect of the front of the house.

But, the price for curved Colorbond sheeting! It was all curved in factories from Brisbane south and we had to pay freight. Too dear by far for our budget. Then Howard came up with the idea of a partial curve for the awning, like the sheeting on a water tank.

Howard approached the council with his idea and they gave us the okay. Then once again we ordered steel columns and poured concrete.

When the Colorbond arrived (it was curved locally) it only took two days to put into place and screw down. We used toilet paper covered with silicon sealant to block any gaps between the new roof and the already standing wall.

Once the roof was on we concreted a walkway. It all looked very attractive. The total cost of the structure was approximately $3000.

INSIDE

The inside of the house was finished off over the next year, 1991.

The downstairs walls were lined with random-groove panelling and the old wooden steps replaced with some black wattle treads that looked top class when varnished. The rest of the black wattle, which came from my sister's farm, had gone into making kitchen cupboards. They also looked A1.

Upstairs, we had to put a rail around the stairwell and some random-groove panelling on the walls that were still corrugated iron. The tongue and groove walls were left as-is.

The total cost here was approximately $200, as the black wattle came free with a lot of hard work cutting and polishing.

THE GARDEN

On the outside we had constructed a fern



Susan and Howard, in celebratory mood, abandon work clothes, scrub up and treat themselves to some time off.

garden at the back which was covered with shadecloth and certainly cooled down the dining room and kitchen area. It also looked great with all those cool-looking ferns, monsteras, and coloured crotons.

In the front we had a sunken garden planted with hibiscus, tibochinas and other colourful shrubs, and of course the awning with its hanging plants.

Between the house and the garage we put in another shadehouse so we could look through the downstairs windows and watch the birds' nest ferns and elk horns flourish and blend with the tassel fern and hoyas. From my kitchen I could look out and imagine I was in the middle of a rainforest.

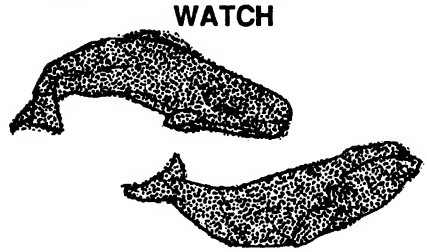
This shadehouse, just a roof attached to the house on one side and the garage on the other, cost us approximately $300.

Most of the plants for the garden had been acquired from cuttings from friends and relatives, although some plants like avocado had to be purchased. We probably spent a couple of hundred on fruit trees.

All up we calculated the house and gardens had cost us in the vicinity of $47,000, but this of course does not include labour or freebies. It was now an attractively renovated old house and we used the pictures in a promotion for our business which is design drafting.

In January 1992 we put the house reluctantly on the market. It hurt to part with that house, but we both wanted more land to venture further into the *Grass Roots* style of living.

ANZSES EXPEDITION WHALE WATCH



ANZSES is seeking 45 people to join a scientific expedition which will study the behaviour of the magnificent Southern Right Whale. Their current status is uncertain, making monitoring of populations extremely important.

The three week expedition in August will be led by qualified scientists who will train enthusiastic volunteers in monitoring and recording techniques. Data will be gathered for the South Australian Museum and the University of Sydney whose researchers will attend.

Expedition participants will also be involved in a fascinating dig to excavate the skeletal remains of whales. An archaelogical investigation will be undertaken to search for evidence of shore-based whaling, in Fowlers Bay, South Australia.

ANZSES (the Australian and New Zealand Scientific Exploration Society) is a nonprofit organisation which launches scientific expeditions into wilderness areas of Australia. Each spring ANZSES runs an all-women expedition into South Australia's arid zone, while a youth expedition (for 17-25 year olds) is run each summer: this year to the intriguing Tingaringy area in East Gippsland.

Anyone who is keen, healthy and over 17 can join Expedition Whale Watch. Contact Fern Hames at ANZSES for details. Phone 03-690-5455, fax 03-690-0151, or write to: PO Box 174, Albert Park 3206.

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Eco News

WEEDS IN HOT WATER

A system developed and in use in New Zealand could revolutionise weed control along roadsides and waterways, in golf courses, race courses, parks, orchards, vineyards. It replaces toxic chemical sprays with environmentally friendly water. The water is sprayed onto weeds at close range and high temperature, under pressure, emerging as steam.

The method can be used in almost any weather, works quickly (about two days compared with 15 days for a commonly used herbicide), kills all annual and many perennial weeds, and has no adverse environmental effects.

For more information contact Waipuna Systems Ltd in New Zealand. Ph: 0011-649-276-5840 for Australian readers, and 09-276-5840 for NZ readers.

TREES ON FARMS: HOW USEFUL?

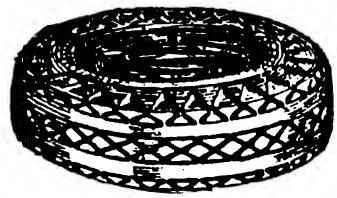
Scientists at the CSIRO Division of Water Resources recently began a National Tree Survey and they want landholders to contribute. The scientists need farmers to tell them how well they think trees have helped overcome land degradation problems. Information is needed on the number of trees planted, for what reasons, and how well they've grown.

CSIRO is sending out thousands of tick-a-box-style survey forms through Landcare groups and by request. By putting together the answers from many farms, the scientists will build up a picture of successful planting strategies.

In return CSIRO will be able to provide farmers with better information about useful tree species for each region and how to plant them for best effect.

One contentious issue it is hoped the survey will settle is whether trees should be planted on discharge sites to treat dryland salinity. Planting trees on discharge sites has worked really well in some areas, but failed dismally in others. The study will help to determine which factors are critical in the success of planting trees in such places.

Survey forms and information from: Cathy Nicoll, CSIRO Division of Water Resources, GPO Box 1666, Canberra, ACT 2601. Ph: 06-246-5740 BH. Andrew Bell, CSIRO, Ph: 06-246-5717 BH, 06-258-7276 AH.



TYRE RECYCLING

Researchers in Japan have developed a method of recycling old vehicle tyres. The tyres are cut into small pieces then placed in a solution of 'supercritical' water (water at such high temperature and pressure that its liquid and gas status merge) and four percent by weight, sodium hydroxide. This is heated to 400°C at a pressure greater than 40 atmospheres. After only 15 minutes the rubber decomposes into an oily mixture of hydrocarbons, sulphur, steel and textiles. The steel and textiles are recycled and the sulphur recovered to be re-used in the vulcanisation (hardening) process to make new tyres.

HOTTER IN THE GREENHOUSE

According to new data from the United Nations, the rate of global warming has increased by between 10 and 30 percent in the last two years. Carbon dioxide (one of the main gases contributing to global warming) emissions also increased in the past 18 months, after a period of relative stability in the early 90s believed to be due to a combination of economic recession in the industrialised nations and historic fluctuations.

'GREEN' CARS?

Vehicle manufacturer, Mercedes-Benz, has begun a programme of using flax and sisal in the construction of door panels for some of its cars. The flax/sisal combination is 20 percent lighter than conventional materials, thus saving weight and, apparently, reducing fuel consumption. The material is also very strong, having good crash stability without splintering and is easy to recycle. It is also a boon to Bavarian flax growers.

This initiative follows the successful use of cotton and coconut fibre in backing structures and cushions. The natural components are incorporated in the parcel shelf, cushions, back rests, sound deadening on the transmission tunnel and dashboard, and lower instrument panel covering.

Other natural materials under investigation for potential use in car components include banana, jute, ramie (an Asian shrub yielding a flax-like fibre) and hemp.

The use of renewable raw materials will help reduce consumption of coal, gas and oil, thus cutting down on harmful gas emissions and encouraging environmentally compatible production methods. Eventually researchers hope to develop a biological plastic derived from vegetable oils and reinforced by flax or coconut fibres.

It is to be hoped that other vehicle manufacturers will follow the lead set by Mercedes-Benz in this area.



Close-up of the flax and sisal combination used by Mercedes-Benz.

HERBAL HELP FOR SKIN COMPLAINTS

by Fiona Dey, Balwyn North, Vic.

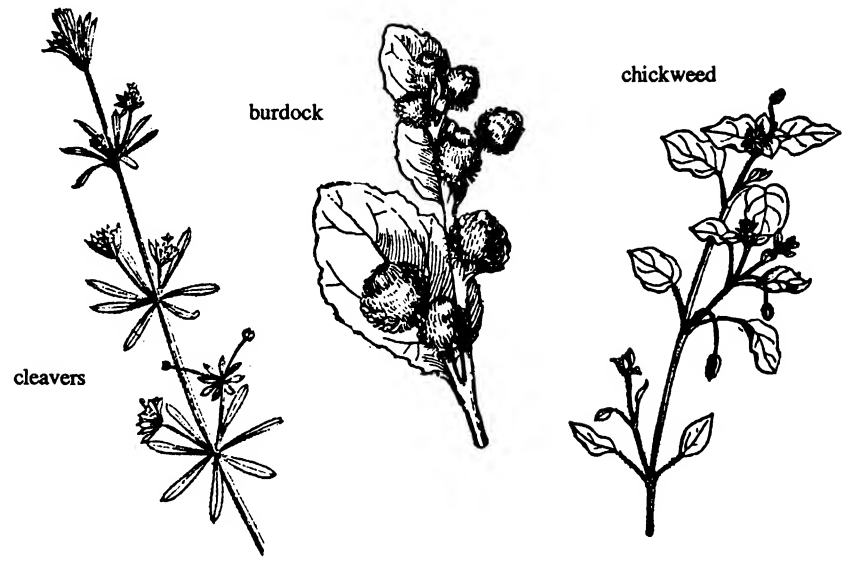
Over the years I have seen many letters in the Feedback section asking for information about the natural treatment of skin complaints. In this article I will give a basic outline of the naturopathic and herbal approach to dealing with such problems.

The skin has a surface area of 1.6 to 1.9 square metres in most adults. It has several functions that are vital for our survival, such as protection, body temperature regulation and fluid and electrolyte balance. It is also an important organ for the excretion of waste products. In fact it is said that the skin excretes about a quarter of the body's wastes. For this reason it is often referred to in naturopathic writings as 'the third kidney'.

A good diet is important for skin health. For example, minimise junk foods and increase the intake of fresh fruits and vegetables. Also have plenty of fluids, especially water. Not smoking is another factor. In smokers less oxygen gets to the skin and smoking depletes nutrients such as vitamin A. Exercise and skin brushing help to promote skin function.

In the naturopathic treatment of skin complaints we look closely at the functioning of the other organs of elimination (kidneys and bowel) as well as considering diet, lifestyle, emotional and environmental factors. There are numerous skin problems but unfortunately there is no simple remedy.

A very important group of herbs used in treatment are the alteratives (not alternatives!), also known as depuratives or blood cleansers. These herbs work towards correcting a polluted condition of the body and so restore more effective functioning. Thus, we look at improving the elimination of toxins and cleansing the body of accumulated waste products by giving such herbs internally. Other herbs, such as those promoting liver function or lymphatic system function, may also be used. Another class of herbal remedies relevant to the skin are those having a vulnerary action, meaning that they aid healing of the skin when applied externally. However a major difference between the naturopathic/herbal approach to skin complaints and the orthodox medical view is that the primary focus of our treatment is always from within.



SOME RELEVANT HERBS

Cleavers (clivers or goosegrass), *Galium aparine*

Cleavers is a common weed that has alterative properties. It is also a tonic to the lymphatics. It was traditionally used to treat eruptive skin complaints by expelling the 'eruptive poison' from the blood and it is still used in the treatment of complaints such as psoriasis.

Nettles, *Urtica dioica or Urtica urens*

Nettles are blood purifying and tonic in action. They are also a good source of many nutrients. Nettles can be used internally in the treatment of eczema, including nervous eczema and childhood eczema. Externally, nettle cream or ointment can be used for skin irritations such as nappy rash, and nettle tincture or fluid can be applied neat to mosquito bites.

Red Clover, *Trifolium pratense*

The flowerheads of red clover are alterative so this is another herb that can be used internally for treating problems such as eczema and psoriasis.

Yellow Dock, *Rumex crispus*

The root of yellow dock is an alterative and also helps liver function. It is a mild laxative and as such is especially useful for skin complaints associated with constipation. It has a reputation for cleansing via the liver and bowel. As yellow dock contains anthraquinones (a certain class of chemical constituents) it is considered to be best avoided in pregnancy (Mills, 1991).

Burdock, *Arctium lappa*

Burdock is an alterative herb frequently used in combination with yellow dock.

Chickweed, *Stellaria media*

Chickweed is vulnerary in action and it is a wonderful remedy externally for soothing irritated and itchy skin conditions. It can be used as an infusion or lotion, or as a cream or ointment.

SOME COMPLAINTS

The naturopathic/herbal approach to the following complaints is fairly similar despite their differences in a medical sense. However I will note a few points about each one.

Acne

Acne is endemic in our culture and this is considered by some writers to be due to the high level of animal fats in the diet. Zinc is an important nutrient for the treatment of acne. According to Murray and Pizzorno (1990, p106) zinc is involved in 'local hormone activation, vitamin A-binding protein formation, wound healing, immune system activity, inflammation control and tissue regeneration'. Alterative herbs are used internally in treating acne and external treatment may include calendula cream or tea tree oil products. If hormonal factors are implicated then hormone balancing herbs will be used.

Eczema

There are different forms of eczema, however the approach is once again based on assessing diet and lifestyle, and using

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alterative herbs. Essential fatty acids, such as in evening primrose oil, may also be helpful. Chickweed is a valuable remedy to soothe itching and other herbs may also be used externally, depending on the case. However if someone is using a pharmaceutical cream, especially if it is a cortisone cream, it is important that they do not suddenly stop it and start using something else, as their skin condition may flare up dramatically.

Psoriasis

This is a condition where there is increased turnover of the cells of the skin. It is characterised by scaling patches and is often better for sunlight. Treatment is similar to that for eczema.

CONCLUSION

Skin complaints can take time to treat using a naturopathic/herbal approach. Our remedies are aimed at not only relieving signs and symptoms, but also at dealing with underlying causes. Thus long-term treatment is often required, especially if the complaint is long standing. The role of the professional practitioner is important in dealing with such problems. There are many herbs other than those listed in this article that may have a role in treatment depending on the individual case. For this reason I recommend that where possible those seeking help consult a qualified practitioner who can see them in person, take their case history (That is, take down all of the details about their complaint, general health, past medical history, family medical history etc.) and prescribe treatment for them on an individual basis. A good way to obtain details of a local practitioner is to contact a bona fide professional association, such as the National Herbalists Association of Australia, the Australian Natural Therapists Association, or the Australian Traditional-Medicine Society.

Further Reading

Nutritional Medicine, Stephen Davies and Alan Stewart, Pan Books 1987.

The New Holistic Herbal, David Hoffmann, Element Books 1990.

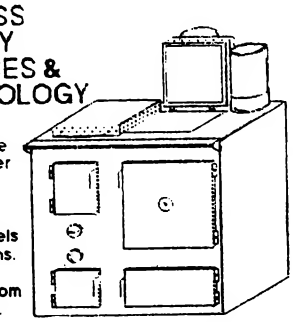
Out Of The Earth – The Essential Book Of Herbal Medicine, Simon Mills, Viking Arkana 1991.

Encyclopaedia Of Natural Medicine, Michael Murray and Joseph Pizzorno, Optima 1990.

CHILBLAIN OINTMENT

Heat one cup calendula flowers in half cup bland oil for 30 minutes. Let steep for 24 hours. Rub the oil on the chilblains.

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SULPHUR

Hi, I would like to be able to make our own mineral/salt lick blocks. We have horses and a donkey. I have been told that sulphur can be given to the horses with their feed to help keep away ticks and mites. Has anyone tried this and what amount is safe to give them? I would be grateful for any help readers can pass on to me.

Robyn Hope,
C/- Post Office, Johns River 2443.

There is excellent information in 'Natural Horse Care' on the use of sulphur for controlling external parasites. The author, Pat Coleby, suggests a deficiency of this mineral also adversely affects digestion, particularly of one or two amino acids. A heaped tablespoon of sulphur added to the horse's ration should be given until parasites disappear. A dessertspoon per day is the maintenance dosage. 'Natural Horse Care' is essential for a holistic approach, details of it are given on page 43.

MINIATURE PIGS

Miniature companion pigs have been developed over the last ten years from judicious crosses of pure breeds, and a limited amount of stock is available, ranging from F52 to F55. The breeder, Brian Doggett, is at Rhiannon Farm, Blacksands Rd, Gladysdale 3797. Ph: 059-666-246.

PETSPRAY

Many readers enquire about natural control of ticks on their pets. 'Petspray' is effective, safe (made with neem), and costs $6.95 mailed. Contact Neem Peace, PO Box 362, Edge Hill 4870. Ph: 070-535-614.

LEECHES IN DAMS

We subscribe to your magazine, it is very popular and we frequently use it to answer questions. However a recent enquiry from one of our borrowers has left us baffled. The gentleman has a problem with leeches in his dam. They have killed two of his goslings (draining their blood). The general opinion at the library is that putting fish in the dam might work but which sort would be best? Any suggestions would be most appreciated.

In desperation,
Cathy Heenan,
(Kyneton Librarian).

Our aquaculture expert, Nick Romanowski, suggests the following.

Blood-sucking leeches are a real problem to deal with. They feed on most warm-blooded animals, and can live at least 9 months between their meals so to starve them out you would need to keep all cattle, sheep, ducks, geese etc. away from the dam they are living in for 12-18 months. In smaller dams and ponds it may be practical to drain or pump the water out, and dry it out really thoroughly for a few days. Any silt on the bottom will take a long time to dry, so this would be a good time to scrape this out (it makes a rich, weed-free top soil for the garden) as it isn't good for any aquaculture animals, either.

Some fish such as Golden Perch and Murray Cod will eat leeches (especially if other foods aren't readily available), others such as Tandanus Catfish and Silver Perch aren't enthusiastic but will certainly eat the smaller ones. However, none of these fish will do well (and may just die out) in ponds much less than 2 metres deep, and under 250,000 litres (about 50,000 gallons) capacity.

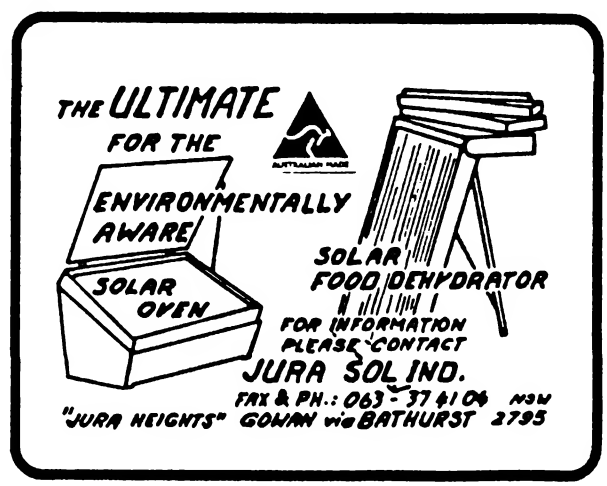
In smaller ponds and dams use smaller native fish such as Rainbow Fish and Gudgeons, although these will only eat the smaller leeches. If you keep ducks these won't allow the smaller fish to breed up enough to be useful, but they will eat quite a few leeches themselves.

There may not be large numbers of leeches in smaller ponds, in which case you may be able to catch them with a hot-water bottle which is a bit warmer than blood temperature and is coated with lard. Slosh this around in the water to attract leeches, then slow down to give them a chance to attach themselves. To get them off the bottle dip them into a bucket of very salty water, then rinse the hot-water bottle briefly in fresh water, before sloshing it in the dam again to attract more leeches.

Finally, you might need to consider poisoning. The chemicals usually recommended for leech control are organochlorides, deadly for the nervous system, often carcinogenic or teratogenic, deadly for the environment and above all, not recommended for use in water which may be used by humans, livestock or for aquaculture. There are more harmless substances which are less reliable at killing leeches; for example, use swimming-pool chlorine or sodium hypochlorite. These should be added to a concentration of around four to five ppm, and there are swimming pool kits available to test these levels. Make sure the stuff is thoroughly mixed into the water throughout the dam (for this reason, this treatment works best in small dams). Keep all stock away from the water for up to a week, by which time the chlorine will mostly have disappeared into the air. During this time, check regularly around the edges of the dam for leeches on the mud, as they can live out of water for a while.

This treatment needs to be repeated after 3-4 weeks in warmer weather as it won't kill leech eggs. In colder weather it doesn't work as well, so use chlorine from late spring to early autumn only in southern Australia.

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Feedback Link-Up Feedback

Dear Readers,

Ten years ago I wrote a desperate letter to you for help. My daughter and I had just built a house in Rossville outside of Cooktown, out of rocks we collected one at a time. It was the cutest little cottage and we were so proud of it, but we had council inspector trouble and we were forced to sell. Well, being a very determined woman who loves rocks I have done it again. This time I have built in sandstone and I feel there is nothing I haven't learnt about rock building. I bought this place because it was right on the river. I do find the heat unbearable in summer. The property was full of rocks, I mean really full, every inch, so I top-soiled it in places where I wanted a garden and I have a lovely front garden, though the rest of the five acres is ignored! I live on The Wild River, aptly named in the wet season, but a laugh in the summer as no water exists when it is needed. I have had the strongest pull for two years now to see **TASMANIA**, I blame all the readers' letters from there. I love the sound of everything there, but I don't know if I could leave this rock house after all the slave work put into it. I have invented an item called the baby WRAPTZ, and it would be ideally suited for the cooler climates. I guess I have the Gypsy in me and long for adventure, especially wild mountainous regions. I like to write stories and poetry, and I am also an artist.

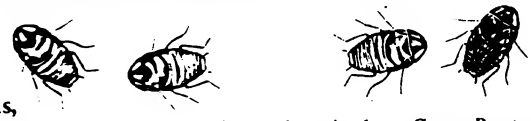
Could readers from Tasmania please tell me everything good and bad, as I can't get enough information on the wonderful place. I have read about people who absolutely love it, and people who can't get away quickly enough! Maybe it's a problem you have to discover yourself. I am amazed however at the people who put everything into their properties. I mean their dreams. They make a list of the wonderful things they have achieved and yet in only two years they are ready to forfeit all they have to get out of there! This I cannot understand. Could someone please explain the problem, as this is the only fear I have of it. I love *Grass Roots*.

I am feeling very excited. I am a very clean person but I have been innundated by **COCKROACHES** now for years. I do not leave one thing unwashed or on the sink, and all my food is in containers with lids, but still they come. I have come up with this great idea, to save me from having to wash everything we eat off before using it.

I had an old very strong bookcase, with several shelves and alcoves in it. I bought several metres of strong denim material, and covered three sides of it. I made sure by stapling it and then gluing the seams so that nothing, not even an ant, could get through. Then I made the front, measuring it exactly to fit the front opening. I sewed velcro right around the top and sides, doing lots of rows of machining so it would stand up to the continuous use. I then stapled and strongly glued the bottom, ending up with a flap to pull open any time I need a clean, dustproof, and, thank goodness, cockroach-proof box for my dishes and cutlery. I thought you would like to share this with me.

Carole Hobbs,
PO Box 509, RAVENSHOE 4872.

GRs 89 and 90 contain several articles about Tasmania.



Dear GRs,

I wish to express my appreciation and gratitude to *Grass Roots*, its staff, and its readers. After my Contact ad was printed in GR 106, many have sent their best thoughts and best intentions to help me, and my many fellow drought sufferers, through our crisis. It has absolutely worked. Rain started Christmas day, and for the first time in four years, falls have exceeded the annual average. I now live in a luxuriant subtropical paradise.

My emotional, spiritual and physical health is restored. I now get visitors who give hands-on help, so some of my projects are already completed, and others are in progress. My thanks to you all.

The Feral Fossil,
C/- PO Box 242, EUROA 3666.

It's heartwarming to read of such a positive response to your ad and we're happy that GR was able to play a part in providing some support when it was needed. All the best for the future.

Dear Megg & Mary,

I have been reading issue 107 and refer to the article on page 19-20, **WATER BORES.** I would like to tell you that the habit of tying a windmill wheel to the tower is very dangerous, as all mill makers tell you in their manuals not to do this. If a heavy wind or storm comes up the wheel and mill can be damaged, also parts could come off and hit a person, property or animals near the mill. If the mill has to be stopped for any reason the fan should be tied to the tail only and allows the mill to rotate through its axis. Keep up the good magazine.

Brian Maston,
30 Hale Cres, STH WINDSOR 2756.

Dear Grassroots Folk,

Any info on the **GIN GIN/BUNDABERG** region, eg schools, weather, reason for so much cheaper properties, environment etc much appreciated.

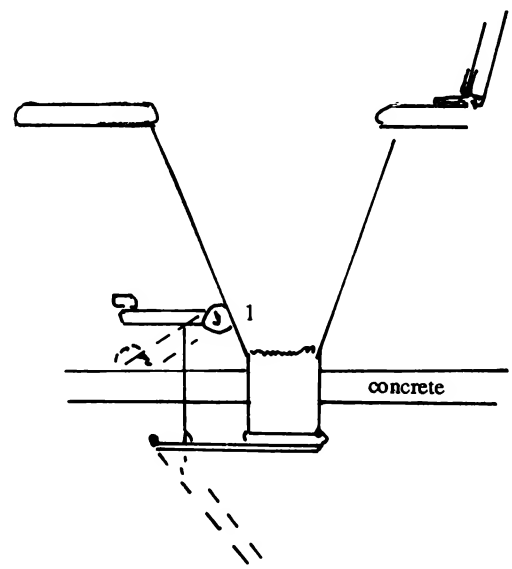
P & M Gardiner,
PO Box 218 KURANDA 4872.

Dear GR Readers,

Recently I was going through back issues of GRs and noticed a letter from someone enquiring about **COMPOSTING TOILETS** so as to avoid the smell and flies associated with pit toilets. Here's how I solved the problem; it's been in use for 18 months now and has no offensive smell and rately do you see a fly either inside or outside.

The cone is made from stainless sheet welded to a piece of four inch diameter stainless steel tube, the gate is also stainless steel with a soft rubber pad (four and half inch diameter) riveted to the gate. The pedal pivots at 1 (see diagram) and the push rod opens the gate. The lever is spring loaded so when you lift your heel off the pedal the gate closes and the rubber pad seals off the tube.

D Reynolds,
Lot 5 Green Gully Rd via MUDGEE 2850.



Dear GR Readers,

We are a middle-aged couple starting out on an alternative lifestyle, away from the push-and-shove and ultimately to be self-sufficient as much as possible and to live in peace and harmony with the universe. We're not into commune living, drugs or alcohol, although we do enjoy a social drink. We have **500 FREEHOLD BUSH ACRES** in SW Queensland with a stream bordering the property and hope to sink our first bore early January. Is there another couple out there who would like to join us? Either semi-retired and happy to do two to three days help work on the property plus minimal rent for cottage with 5, 10 or 15 acres to develop yourselves. Or, alternatively, a couple to take part in the overall development. We have ideas and plans for development but are completely open to suggestions. We feel four can accomplish more than two, and with like-minded people the tasks would be enjoyable and successful. If you are interested please write to us, we will answer all mail.

Jan and Mike,
PO Box 84 MILLMERRAN 4357.

Feedback Link-Up Feedback

Dear Friends,

Having on numerous occasions seen requests for certain books and having been one of the enquirers myself, I must apologise for not writing this before now. Whilst looking through the phone book for a number I came across this heading: **'ANY BOOK IN THE ENGLISH LANGUAGE'**, 14 Karen Ave, Mermaid Beach Qld. Freecall 008-801-332. As I still wanted Dr Jarvis' *Folk Medicine* I rang them and I had the book within three weeks. So I would advise anyone wanting books to try this firm as you may also be lucky.

John Nash,
Box 169, CLARE 5453.

Dear Readers,

If any reader has a copy of the **'READER'S DIGEST REPAIR MANUAL'**, which is now out of print, and wishes to sell same, kindly write to me.

Tom Palmer,
4 Shaw St, YASS 2582.

Dear GR Readers,

My request for help with **MOTHS** in dacron velvet lounge suite (GR 86), brought three replies. One reply was beautifully detailed and it was the one I followed. I brushed the suite well and removed all moth casings, then sponged it all over with two tablespoons of Epsom salts in one litre of warm water. I allowed it to dry off, then sprinkled Epsom salts all over it. I also dampened some cotton balls in eucalyptus oil and placed in corners and under cushions. 1992 = twelve moths, 1993 = eight, and this year three so far. I plan to retreat when the weather is cooler and my advice to all is don't buy dacron velvet covered furniture unless it has been pre-treated for moths.

Somewhere in an old GR a lady was asking for help for her father who suffers with **PSORIASIS.** I make my own calendula ointment and find it excellent. To 100 grams of sorbalene use all the petals from one large orange calendula flower – or six to eight of those skinny flowers that your big thick calendulas turn into. Heat the sorbalene in an enamel basin over hot water and drop the washed and patted dry petals into it and stir well. Leave simmering for 20 minutes, strain and put in sterilised jar. Or, use a mortar and pestle to macerate the petals into a pulp before adding to the sorbalene. Use night and morning till the psoriasis is clearing up, then only once a day.

CUTWORMS: Generously lime the bed and don't dig in, they come up to eat and the lime burns and they get the heck out of there!

BRACKEN FERN: Bend fronds over and apply lime.

CLARICE'S BISCUITS (no bake): 25g butter, 1 small cup sugar, 250g dates, 4 cups Rice Bubbles, vanilla to taste. Place butter, chopped dates, sugar and vanilla in saucepan and melt, fold in Rice Bubbles. Line a scone tray with coconut and press mixture in. Cut when cold.

Somebody asked for a recipe for **LILLY PILLY JAM,** so I hope this helps. Remove all stalks, put into jam pan the lilly pillys and one whole washed lemon. Boil 20 minutes or till soft and discoloured. Strain through cheesecloth or bag and leave to soak in liquid overnight. Put six marbles in pot to stop burning and use fruit early in season. One cup of sugar to one cup of liquid, boil till gells, bottle and cover with cling wrap and lid.

PICKLED ONIONS: 6 kg white onions, 500g sugar, 180g salt, seven cups water, 7 cups white vinegar. Peel and slice the onions (1cm or more) and place in jar. Warm water enough to melt the sugar and salt and allow it to get cold, then add cold vinegar and stir. Pour over onions in jar and put lid on. Ready in three days to one week. Very nice.

Shirl Williamson,
LONGWARRY 3816.



Dear GRs,

I am a student of the **TENOR RECORDER** and would be interested in joining an early music group. I am also a student of the oboe. My phone number is 059-622-324.

Yvonne Clarke,
9 Heidelberg Crt, HEALESVILLE 3777.

Dear GRs,

Did you know that you can assist the Australian Freedom from Hunger Campaign by **SAVING YOUR USED POSTAGE STAMPS** then returning them in an envelope provided? To get your reusable envelope, write to: Australian Freedom from Hunger Campaign, (On-going used stamp project), PO Box 7, NORTH MELBOURNE 3051.

Denis Rothwell.
Littlewood Rd, NORTH ROTHBURY 2335.

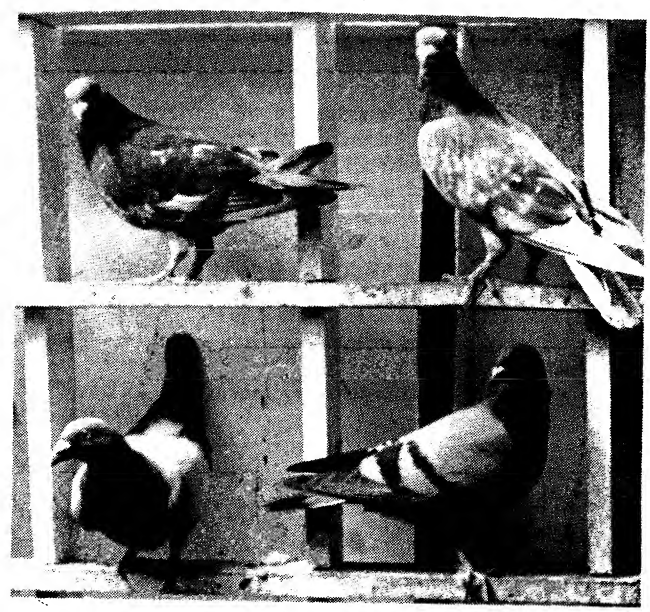
Dear Grass Roots,

We have an orchard of about 1000 fruit trees. After four years, they are finally starting to grow vigorously and we have been looking forward to our first decent crop of fruit. Unfortunately, a large range of **FRUIT-EATING BIRDS** (we seem to have the lot) is also very attracted to our organic cherries, pears, peaches and apples. I've read in *'Living Better for Less'* of a Victorian bio-dynamic grower who uses a flock of pigeons to deter fruit loving birds. Is there anyone who could give me further information on this?

My only other alternative is to net the whole lot which would not only cost a lot but also exclude the beneficial birds and insects. Any information or good ideas on this would be very much appreciated.

Wilfried Westermann,
9 Christie Ave, CHRISTIES BEACH 5165.

Stay tuned Wilfried, we are hoping to have more info about the pigeon method of fruit protection in the near future.



Dear Grass Roots,

Recently I enquired of your readers whether someone could help me obtain some **CROCHET COTTON** to finish off a tablecloth I began many months ago and the cotton I required was no longer available. In today's mail I received a parcel from a 'mystery' reader containing not only enough cotton to complete the cloth I am making, but several balls of crochet cotton. In the box was a short note from the kind person who did not identify herself, just explaining that she had no use for the cotton as she was in advancing years. This parcel had a Dubbo NSW postmark on it. Whoever you are, I would dearly love to know who you are and where you live as I would personally like to thank you for your kindness. It would help me lots if I could pay you for the time, effort and the postage that the parcel cost to send all the way to me.

This person has a wonderful heart and through GR I want to say a big thank you to whoever it is and may you too have a happy 1995.

As we get older we find that there are people who are not for themselves. Thank you most sincerely my unknown benefactor, may God bless you. Now my granddaughter will get her cloth for her wedding in December 1995.

Muriel Christmas,
PO Box 33, MALDON 3463.

Feedback Link-Up Feedback

Dear GR Friends,

To read of so many people having **CHRONIC FATIGUE SYNDROME** and ME is distressing, and although nowadays I can work from daylight to dark and at a fair clip too, it was not always like that. At one stage I too endured that deathly fatigue for many months. Eventually I went to the doctor and he breezily told me that if I still felt bad in a month's time to come back and he'd try to help me. I had gone for help not to be fobbed off in such a casual manner.

I remember what an effort of will it took even to get out of bed. I would sit on the edge for ages trying to get the strength to walk. Dust settled on the furniture and the garden deteriorated and I promised myself that next week I would feel better. But next week came . . . and the next . . . and the one after.

We lived in Newcastle at the time and people were divided into two camps – those who told me it was all in the mind (and the mind is certainly a powerful controller) and some who suggested a visit to our local bio-chemist. This I did, and from that point on my health improved.

I will never cease to be grateful to that man. Unfortunately, he is dead now but his clinic is still operating. He used irridology to pinpoint the trouble and I believe the tablets he used consisted solely of minerals. He gave me a special diet chart and even today, twenty-five years later, I am immeasurably better off if I stick to that diet.

The point I am trying to make is that fatigue can be controlled if you are lucky enough to find the right proponent of alternative medicines.

When my husband survived a massive heart attack and they found he had leukaemia as well we were told about a wonderful rejuvenating powder. It is called 'Re-liv'. It is pricey and tastes awful, but after taking it we were prancing around like youngsters.

Occasionally over the years when GR correspondents have recommended something (caravan parks, for instance) the thought crosses one's mind as to whether any self-interest is involved, but the only reason I am mentioning this product by name is to help fatigue sufferers and maybe convalescents.

Unfortunately, our days of prancing around are over as my darling husband died and I am finding grief a very slow process. Grief makes people do strange things. I heard that an Irishman was going to preach in our local church, so what did I do? I went, to recapture once more the pleasure of hearing a lovely Irish brogue – a brogue similar to my late husband's.

Would anyone like some Jerusalem artichokes?

Mrs B Scates,
Ballarat St, GUILDFORD 3451.



Dear GRs,

I thought that I should write to you as there have been a number of GR readers wanting to know more information about **CHRONIC FATIGUE SYNDROME.** It is also known as ME *(Myalgic encephalomyelitis)*, yuppie flu, post viral syndrome to name but a few, there are many more names.

This disease has been around for centuries. Last century people were placed in mental institutions because *Myalgic encephalomyelitis* (ME) has about thirty different symptoms of which chronic tiredness, sleep disturbance, weight loss or gain, are just the tip of the iceberg. You can imagine by the few varying symptoms mentioned, how difficult it is for any medical person to properly diagnose what's wrong with their patient.

Now there is a urine test which can correctly diagnose ME, though it is not released to the public yet. However, because the disease has many characteristics of other diseases these all have to be eliminated to obtain a correct diagnosis. The disease can affect males or females of all age groups, but people between 20 and 30 seem to be most susceptible.

I'll tell you a bit about how I know so much about ME. I was always tired, which I thought was normal as I have small children and also run a small farm. As I got older I could work at outside jobs, of which I had three at once (which is what peoople with ME have all done) as most people with ME are high achievers.

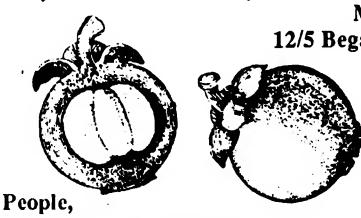
Since we have been in Queensland (moved from WA 1991) on our own farm of 14 acres, 30 kilometres from Warwick, I have been worse. Now I can't even do my own housework so the doctor has put me on the pension. The doctors have said I will never work again (though what do they know?). I have started a support group for people with ME and their partners; we have been going for one year now. If anyone would like more information on what I have told you feel free to contact me. I will try to answer all people.

Karen Maher,
'Leannedore'
MS 162, WARWICK 4370.

Dear Megg and Mary,

In successfully creating my own shampoo at much less expense (I am a student), I accidentally hit on a solution for treating my greying brown-black hair. Simply dissolve and add approximately one-half to one cake of coal tar soap to your favourite shampoo. Your **HAIR WILL LOSE THE GREY** and retain dark colour for several washes. Note: soap does not neccessarily have to be black – any colour will have the same effect.

Ms Patricia Landos,
12/5 Bega Flats, REID 2601.



Dear GR People,

In answer to Roy Banks (GR106): Scrape your ripe **MONSTERA** off the core into a colander, turn the tap on hard and run the water through it. Drain and fluff up with a fork and you have a lovely bowl of clean white fruit, which incidentally makes a lovely base for fruit salad. It freezes too.

To Sylvia Dawson: Of course farmers keep **CATS** to keep down the mice. Who needs to protect mice? They are hardly endangered wildlife; rather an introduced pest that does untold damage. We have all seen them on TV in their thousands eating everything in their path and driving the poor farmers off their properties and onto the dole queue. Any time one of my cats catches a mouse he gets a pat and praise. On the other hand I agree that all cats except controlled pedigreed breeding stock should be desexed and should be locked in at night. Mine come in about tea-time and don't look to go out again until morning. It is extremely rare for one of my cats to catch a bird. They have been taught from kittenhood that birds are a no-no and they sit on the verandah and watch me hand-feed the kookaburras. During their 'training' period I have rescued birds and left them quietly in an open box on a windowsill until they recovered from their shock and flew safely away. Also I have rescued innumerable frogs which they used to catch in their younger days. They don't hurt them. They bring them inside in their mouths and turn them loose to play chasings. At this point I take the frog outside and set it free and give the cats a good scolding. In time they learn frogs are a no-no too, and I have never known them to actually hurt one. Cats are not stupid and to their friends they are dear and loving companions and cause less damage than phone wires or barbed wire fences.

Beth Warren,
Lot 1 Woodrow Rd, WOODFORD 4514.

Dear GR Folk,

In reply to KC, (GR 106) who seeks **YLANG YLANG SEEDS** – these are not available in Australia. The ylang ylang flower grows on a tree found only in Indonesia and the Phillipines and of course, seeds etc are not permitted into Australia. The essential oil is imported, and used in aromatherapy for a variety of medical problems, it is also an aphrodisiac and a much loved perfume. Suppliers of essential oil of ylang ylang can be located in GR's Grassifieds section.

Clair Lorde,
PO Box 138, SURRY HILLS 2010.

Michael Fanton of the Seed Savers' Network rang us in response to KC's letter, to say that Ylang Ylang seeds are not viable for very long, so should preferably be collected fresh and propagated within a short space of time. KC could contact The Seed Savers' Network, PO Box 975, Byron Bay 2481.

Feedback Link-Up Feedback

Dear Grass Roots,

I have a couple of queries and an event to announce. Firstly, can anyone advise me of where I could find a list of dates and venues for **'DOWN TO EARTH' TYPE EVENTS** in the coming year, as it's probably long- since time I went to some of them. Secondly, some years ago I saw a pie-chart in an osteopath's office which divided food into (I think) eight sections, and suggested a dietary regime that consisted of eating, at any given meal, as much as you liked from one slice of the pie, and a little from the two adjoining slices, but nothing from anywhere else in the chart. Based on different digestive speeds, if I remember correctly. I would be most grateful to find out where I could get a copy of that chart.

I would also like to announce the dates and venue for the next National Conference on Wiccan Spirituality. It will be held at Hepburn Springs on the 22-24 September, '95. Anyone wanting further information can send an SAE to: The Celtic Heritage Society, Wicca '95, PO Box 709 Dickson 2602. The conference will cost $70 fully catered with a bed, $45 with camping, and will be restricted to 80 beds and 40 campers. Early booking discounts will be available and prices for children on application.

Phillip Day,
2 Creswick Rd, NEWSTEAD 3462.

For festival information contact: Down To Earth, PO Box 222, FITZROY 3065.



Dear Mature GR-ites,

We have more or less negotiated our mid-life crises, kids have buzzed off and are totally preoccupied with their own crises, and it seems we are now in what today's youth charmingly label the 'wrinkly' category – has beens.

For some reason we find that hard to accept. We are fairly intelligent, reasonably clean, can still laugh, are a shade of mid-green but prefer grid electricity, are not keen on lying down in front of bulldozers but plant plenty of trees. I suppose we want the best of both worlds. We would like to be around people who enjoy **MUTUAL SUPPORT** without wanting to live in 'Coronation Street'. (Remember it? Ugh!) We are not mystics (though my wife is a bit odd), dress a bit scruffy but have good gear in the wardrobe, kid ourselves we are both useful and competent and would prefer to progress rather than stagnate. But Mr Keating and his recession have put us uncomfortably close to the breadline.

So what is the point of this spiel? Are there are more like us out there? That's the point. People who would like to buy and divvy up a nice place to live not too far off the beaten track, people who would feel comfortable with people of similar memory patterns around them, people who think that young children clambering over the furniture are a mixed blessing – know what I mean? Perhaps we might form a wrinklies colony where we are all village elders and where we can practise embalming each other.

Like many others we are attracted to the north-east corner of NSW, not too far from the coast so we can have Viking-type funerals to keep expenses down, but we're not adamant about the location.

Enough waffle. If this strikes a chord in any of you other old fogies – you know, the finished at fifty brigade – out there, drop us a line and who knows? We might yet drift down the Information Super Highway together.

John & Jean Denman,
205 Tingha Rd, GILGAI 2360.

Dear GRs,

Any good ideas about how to **PUMP WATER** out of the bath tub for use on the garden? It is surprising how many buckets there are in a bath and how far away the garden is. I would like a hand-operated pump and am thinking that perhaps an automobile or washing machine pump could be adapted somehow. Is it necessary to filter grey water to avoid sludging up the hose? How much soap can a garden stand?

Anyone who would like a copy of an old-fashioned **BABY'S BONNET** that really keeps the sun out, I have got one to share – please send an SAE and two stamps.

Iola Greensticks,
18 Talbot St, FINGAI 7214.

We have a submersible bilge pump (powered by a car battery) which is normally used in the garden pond. During the dry spell it was used on weekends to pump water from the sullage tank onto the citrus trees. So far, no problems with the hose sludging up. Don't use grey water on the leaves of plants (especially food plants) and don't use it exclusively on one area, move it around and alternate it with 'clean' water. Be very careful about what goes into the sullage water.

Dear GR,

I have the age old question with regard to a common problem – **SNAILS AND SLUGS!** We have a no-dig garden which I planted both with seeds and seedlings. As soon as the seedlings appear they are devoured overnight – this has become very disheartening. As I don't want to use chemical snail bait I have tried spreading ash and sawdust around each plant but I've found that rain or garden watering soon reduces this to a soggy mess. Another method I've tried is beer traps – this had some success but the snail population is as strong as ever.

I've heard there are some Australian native carnivorous snails (which eat the introduced species), described as darker, smaller and flatter than the exotic type. Does anyone know about these? Also, I'd like to try a natural spray – maybe chilli? Any other suggestions would be appreciated. Also, is there an effective way to smother/get rid of wandering jew and morning glory?

Amanda Tarlau,
21 Leeds Pl, TURRAMURRA 2074.



Dear Megg & Mary,

Since I discovered GR, it has become a valuable information source. Please keep up the good work. Is there among the readers someone who can tell me how to raise snails for the hospitality trade? Any information will be much appreciated.

Also, any readers who have used phonecards that they would normally throw away, perhaps you could send them to me.

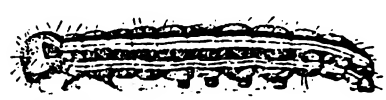
Maria Kanas,
121 Railway Tce, ASCOT PARK 5043.

GR 78 contained a very good article about snail farming, or you can contact a snail farming advisory service: Sonya Begg, PO Box 119, Gunnedah 2380, ph: 067-423-431 AH.

Greetings to all,

Re: **CUTWORMS.** In GR 105 Wendy Richmond asked for a cure for cutworms. The following may be worth trying. Plant seeds in a handful of hair (obtained from the barber's shop floor) and cover lightly with soil. Place a metal nail hard up against the stem of any seedlings, to decapitate a plant the cutworm has to coil itself around the stem and it doesn't like a cold tummy.

Neil Barraclough,
'Garden of Eaten',
BRIAGOLONG 3860.



Feedback Link-Up Feedback

Dear GRs,

In GR 103, Ria Murray requested information on and about **COLTSFOOT** *(Tussilago farfara)*. Coltsfoot does grow in Australia. Other names are coughwort and horsefoot. Active constituents are pyrrolizidine alkaloids, mainly senecionine, tussilagine and senkirkine, also mucilage (8%), tannins (10%), and flavonoids. Toxicity: because of the presence of pyrrolizidine alkaloids the plant, which was formerly regarded as harmless, should now be considered as hazardous. This information, is in part, from a book called *Herbal Remedies – Harmful and Beneficial Effects*, first published in Australia in 1989 by Hill of Content Publishing Pty Ltd, 86 Bourke St, Melbourne 3000.

Please remember with herbs that even safe ones can and will make you feel sick if you have an allergy to them. For example I can drink chamomile but my wife when she has a drink feels a little queasy in the stomach. However, she can lie in a bath of it for hours with no ill effect at all. Stinging nettle is considered safe, but I know someone who believed that because it was safe they could drink as much nettle tea as possible. This person developed red blotches all over. A chemist's advice was not to exceed three to four cups a day and then to change, or to stop after a week and then go back to taking it again as a tea. Always be careful at first to make sure that a herb is safe for you to take, everyone is different.

I have to really smile at the bans on herbs by the government when we can go to a local tobacconist and buy coltsfoot cigarettes, and others as well that are imported from England, over the counter in Tassie.

COMFREY is great for vegies. Soak leaves in water for up to a week and water vegies with it.

For those with the great outdoor dunny, a bucket full of **BLACKBERRY LEAVES** every week does wonders for the old nose.

Ever seen slugs run? Try a tea of wormwood, add water and spray or tip, wait about 10 minutes and see those slugs run.

Jeff Roper,
RMB 896, SORELL 7172.



Dear GR Readers,

I'm a 23 year old Sydneysider who has had a turn around in life. I have spent the last three years working as a graphic designer in advertising agencies and various design companies working for multinationals and just about every destructive company in Australia I think. Anyway, I could not do it for any longer and I have left my secure employment for a more fulfilling life. It feels great to have the time and health to live. I am now following up on my interests in permaculture and organic ideals. This is why I am communicating through GR. I have much time now and wish to learn more **HANDS ON ABOUT PERMACULTURE** as this is what I hope to end up doing. I shall spend the next two years living in Sydney as I have some family commitments. So if anyone out there living in the region from Taree to Lithgow to Nowra needs any help please contact me. Payment in experience or a small amount of payment is all I require. Also, if you need any graphic design work done I may be able to help you.

Silas Long,
30 Clarendon Rd, STANMORE 2048.

Dear Friends,

I was pleased to see on my arrival in Australia after four years away that GR is still going strong. Life occasionally got lonesome in Padang. As the first Aussie there ever to work in education, sometimes being viewed as 'the representative Australian' got burdensome. Now I'm home and starting to build a post-viral life for myself. (Lost in jungle for a week in Oct '92 with my monkey. Attacked by ticks.) I'm seeking support to get back to my roots and on that basis would be delighted to hear from anybody about anything.

I also hope to elicit a few thoughts from fellow readers for the book I'm putting together titled *Dear Doctor* which will deal with the diagnosis and treatment of illness and injury strictly from the patients' perspective. In it I'm including sections which deal with the **PERSONAL MEDICAL EXPERIENCES** of individuals and of families. I'd also like to put on record some of the coping mechanisms that have brought order into lives afflicted by accident or health difficulties. If friends out there would like to share their inspirational or tragic stories about successful or unsuccessful treatment I'd be very happy to hear from them.

I'm also interested in receiving suggestions on how to improve the medical system from the patient's point of view. I've had plenty of practice as a patient since May '94 and I find that I'm constantly having to remind myself and medical staff that I'm first and foremost a person and would prefer to be treated as such. Has this happened to you? How have you handled it?

I think it's important to formulate a list of questions that patients want answers to. Medical staff are ready enough with answers, but not necessarily to the questions that are important to me. I'll bet there are plenty of you who've experienced similar information gaps and communication breakdowns. Any thoughts on this please do contact me. My intention in putting this book together is to bring out into the open for public review anything and everything that can shed light on how to improve the patient/practitioner relationship and the delivery of medical services (conventional or alternative) to the public.

Information regarding **TICK RELATED PROBLEMS** would also be appreciated. As you may have gathered editing this 'Let's share our ideas and experiences' book is my way of putting my own shattered life back together.



Zena Martin,
8/2 Easther Cres, DARWIN 0810.

Dear Megg & Mary,

Ideas please to correct mishaps: a silver bowl now looking similar to being pitted (but not), tiny darker blotches. A blue synthetic blouse has mottled (fairly big) uneven patches all over. Can something loosen colour and make it flow evenly? Can white enamel frypan with few small bits chipped off inside be improved? Can the darker look inside pots from being burnt earlier be lightened away, and how to stop snoring person continuing?

Adair Siliato,
52 Harding St, KALLANGUR 4503.

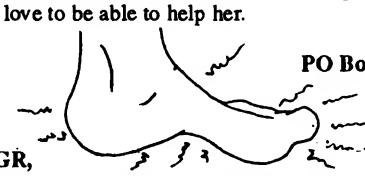
Dear GR Friends,

I want to thank everyone who has taken the trouble to write in to Feedback. We have discovered much and solved many problems from the advice. Thank you also to those kind people who responded to my husband's recent letter about TMJ.

I am hoping someone can help me solve a problem my mother has suffered for over 30 years. She has been almost driven mad with **'BURNING FEET SYNDROME'.** I don't know if this is a legitimate name or just something a doctor called it because he didn't know either. She has tried all options within conventional medicine as well as acupuncture, but to no avail. Her symptoms are hot and sweaty feet with nerves twitching all the time. She says it feels like ants crawling under her skin and she is unable to wear shoes because of the volume of perspiration.

I can make creams, lotions, potions, decoctions or tinctures so any ideas or even someone who has the same problem, please write as I would love to be able to help her.

Alanna Laurent,
PO Box 917, ECHUCA 3564.



Dear GR,

We are caretaking a large property on the NSW coast, once an old dairy farm, but **LANTANA** is starting to shoot up after the bushfires. We would very much like to rid the property of this pest before it gets any worse.

For us to get rid of Lantana should our neighbour also? Why or how does this plant spread? Is there any environmentally friendly way to rid us of Lantana?

Mr R Burrell of Gymea. Could you please share with us any information received on **TOBACCO GROWING.** We are also seeking any past issues of GR.

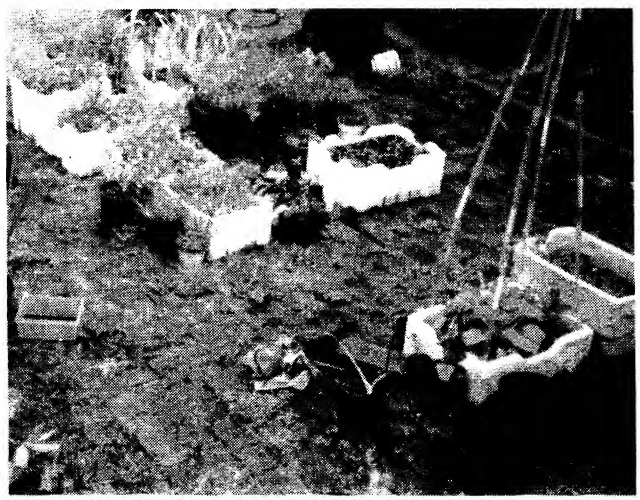
Stu & Jen,
RMB 777 Gang Gang Rd,
ANNA BAY 2301.

Feedback Link-Up Feedback

Dear GR,

Until this year I was living on Bruny Island off Tasmania and enjoyed long phone conversations with a fellow GR reader from Queensland. I have now moved to Queensland but have lost contact with my friend as she has also recently moved. If anybody can let **DEBBIE PRESLEY,** print artist, formerly of Redcliffe know my address I would love to hear from her again.

Simon Hood,
12 Unwin Dr, TOOWOOMBA 4350.



Dear Grass Roots,

Thanks so much for a great magazine. I have two requests for information and through your magazine and its readers I trust I can get some answers.

A lot of material has been published about **GROWING FLOWERS AND HERBS IN POTS** and container planting in general. Unfortunately all I have been able to find about keeping the plants healthy is to use commercial potting mix and various chemical fertilisers and food additives. If anyone has recipes for organic mix suitable for container planting and also organic additives, and/or liquid fertiliser to keep the plants healthy and has the energy to write to me with them, I'd be delighted to receive them.

I have recently moved to live near the beach and consequently have access to as much **SEAWEED** as I want. I am keen to know effective ways of using it in the garden, the things not to do, how much to put on, can I put on too much etc. I have been mulching with it and putting it in the compost with pure guesswork. I have seen articles over the years printed in GR but because I didn't ever have access to seaweed I didn't read them.

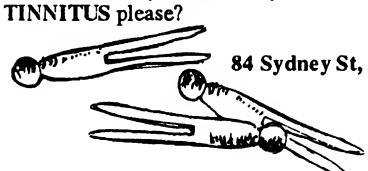
Jan Rowland,
PO Box 230, AIREYS INLET 3231.

Dear Grass Roots,

Thank you so much for a great magazine and an extra thank you for articles and letters regarding the far north. For those of us who live in the very hot and wet areas or very very hot and dry parts of Australia, we love to hear from others who share our special sort of problems. Please keep those letters and articles coming in!

However, I do have a request or two to make. Where, oh where, can I purchase those old-fashioned **WOODEN CLOTHES PEGS?** (I think they were called dolly pegs.)

And, does anyone have any sort of information on the treatment of **TINNITUS** please?



Shirley Trewin,
84 Sydney St, BAYVIEW HEIGHTS 4868.

Dear GRs,

My name is Digant and I've always dreamed of establishing a **MEDITATION AND HEALING RETREAT** on acreage near the ocean. I now have 47 acres within six minutes drive of some of the most beautiful beaches in the south-west of WA. But a bit of a problem has cropped up for me. I've been informed I have **PROSTATE CANCER,** I'm with it on an alternative plan and I realise it's not going to be easy.

I would like to connect with a person or people who would be willing to help me fulfill the dream of establishing a nonprofit retreat helping mankind help him/herself and helping put something back into the universe, loving and caring for our kind. Everyone is welcome to write or phone. Monday and Wednesday evenings I'm not home.



Digant,
PO Box 952, ALBANY 6330.
Ph: 098-464-316.

Dear GR Readers,

Recently my wife and I discovered **WHITE ANTS** travelling under the back verandah towards our timber-framed house and panicked. Some time ago we saw a large nest near our wood shed about 25 metres from the house but did nothing and have now noticed another nest about five metres from the house. We can't see evidence of them in the house so far but they are getting closer.

We have been quoted $700 by a pest control company who will use strong chemicals which we are concerned about. Is there a 'natural' alternative that works? Sorry to be a pest, but can anyone help?

PS: Since writing the above they've come through the concrete and are all through the house. Help!

Carol & Milton Block,
PO Box 280, MACCLESFIELD 5153.

GRs 77, 88 & 99 contain articles about white ant control. Good luck!

Hello,

I have been reading this wonderful magazine since about 1986 when my mum and dad bought a copy. I would have been 16. It has been such a wealth of knowledge ever since. We often refer to back issues and always find information on something we are currently interested in. A lot has changed over the years. We lived in Sydney when we read our first copy, then we moved to Hervey Bay and then we moved to the outskirts of Hervey Bay to Takura. We have established a craft gallery here with a cottage garden, herb gardens, cottage nursery, tropical walk, all of which has been set in a natural bushland setting with memorabilia of yesteryear, including a post and rail fence, old cart etc.

Mum and Dad have a block close by. We have lots of wonderful animals, my favourites being my Merino sheep. We have just got into growing our own vegies properly, we have tried before but not really successfully, this time we have used plenty of sheep currants and they are powering away.

I am hoping that some people may be able to help me. Because of health reasons my mum has been put on a **VEGETARIAN DIET,** with no animal products at all including milk, cheese, eggs, etc. We already eat a lot of vegetarian dishes, but most of our recipes contain milk, cheese etc. I have successfully used soya milk instead of milk in a lot of recipes, but I am hoping people can share their favourite recipes with me, however simple or plain, I would really appreciate them. We are trying to make most things ourselves so they don't contain additives and preservatives. Does anyone have a recipe for yoghurt without any animal products? I make it currently using acidopholus as a culture, but this contains milk. Also a cheese, butter, pasta, bread, homemade yeast with no animal products. Any recipes on anything would be so gratefully appreciated. We would also like to start to make all our own cleaning products, shampoos, soaps etc, I know many of these have been featured already, but if anyone has some good recipes these would also be appreciated.

Karen & Ron Herbert,
Australiana Cottage Crafts,
Torbanlea Rd, TAKURA 4655.

Dear GR Readers,

It's time to sell my beautiful **YURT** so I can buy a farmhouse. It's 20 feet in diameter, 13 feet high, easy to assemble, very spacious, made of oregon with an untearable skin. Is anyone interested in buying it or can someone offer information where I can sell it? $6000.

Garry Sullivan,
Amberley Caravan Park, AMBERLEY 4306
Ph: 074-643-146.

ANIMAL PROBLEMS?



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by Alan B Hayes

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CRYPTIC GRASSWORD

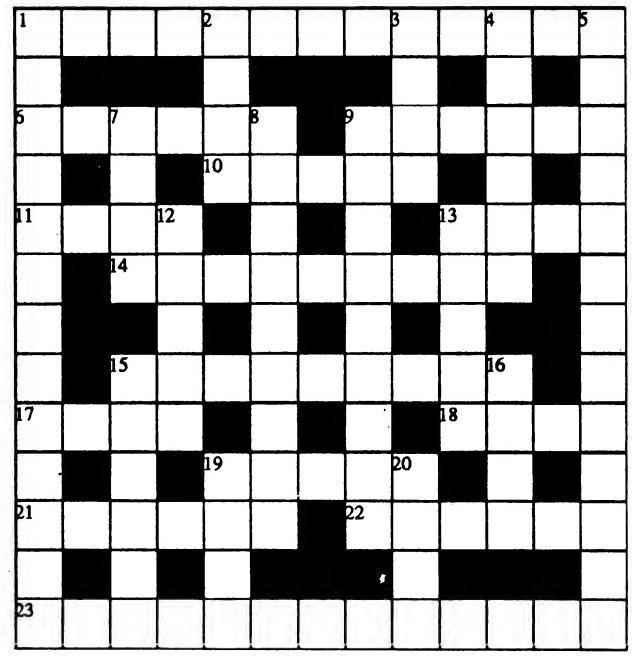
By M. Riley, Tanjil South, Vic.

Across

1. In fancy establishments (13).
6. Things look black (6).
9. Minds his own business in the sector (6).
10. Supporting bar gate by the sound of it (5).
11. Takes turns to hold on to the wheel (5).
13. Ekes out for inquest (4).
14. Formerly one rate becomes free of all charges (9).
15. He has to stand and face the music (9).
17. No wise man can play the clown (4).
18. Lots of pockets could be a ball (4).
19. Flood into the ground for this (5).
21. He keeps one eye on the column (6).
22. Furniture department (6).
23. Powerful receiver kept in stock (8,5).

Down

1. Kin in pocket before fight to keep out wildlife (8,5).
2. Consumes from a set (4).
3. Plant below the ground (4).
4. Consumed as a matter of course (6).
5. Pose does not work in this position (6,7).
7. Wind up proceeding (4).
8. Buy drinks below to put off guard (5,4).
9. Add spice in search for the groom (5,4).
12. Let ox be used to pay tribute (5).
13. So opt out for a duck (5).
15. Dog one's lassie in the colliery (6).
16. Upset over stray (4).



Solution on page 66

19. Not hard to yield to pressure (4).
20. Used to make up and smoke a little (4).

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Individual copies and back copies of GR can also be ordered for $4 each (includes postage). A back copies contents list will be sent upon receipt of a business sized self-addressed envelope.

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Post to: **Night Owl Publishers, PO Box 242, Euroa 3666, Australia.**

Feedback Link-Up Feedback

Dear GRs,

The Pastoral Lands Protection Boards have changed their name to **RURAL LANDS PROTECTION BOARDS.** We are forced to pay over $100/year (minimum) for nothing. In eight years this amounts to over $1000. We are not allowed to run cattle by the local government, yet are forced to pay pastoral taxes to the Rural Lands Protection Board for cattle pasture advice.

The land zoning stops us from cutting down all our trees and making pasture for cattle. The Rural Lands Protection Board says if we could cut down our trees everything would be OK, so it is not their problem. Ecology is not their problem.

We bought the land because we like trees and wildlife and are vegetarians and don't want to rear cattle for slaughter. In fact we grow trees and vegetables and have thousands of wildlife and birds on our property.

We are sick of being harassed to pay taxes which benefit the large land owners (many big companies) who grow cattle on their land and give us no benefit, except to say that if we ran cattle they could help us.

I've written to as many NSW government politicians as I can think of, but only got a positive reply from the shadow (opposition) members. Write a letter today, our votes count.

A Wilson,
GRAFTON area.

Dear GRs,

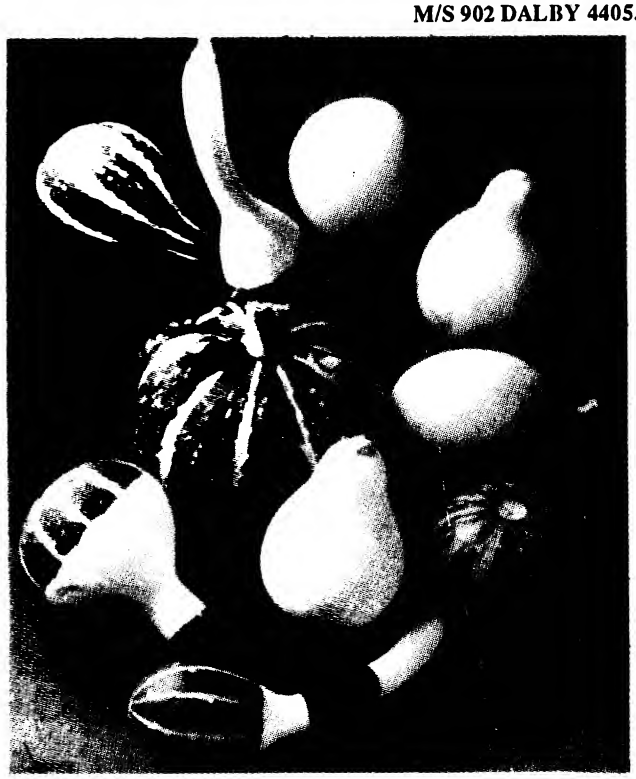
I have been trying without success to track down a small quantity of seeds or seedlings of **AUSTRALIAN SANDALWOOD** *(Santalum spicatum).* Can anyone help? Are there any GRs around Sydney's north shore, especially Pymble/Turramurra area? I would love to hear from people in this area who successfully run bantams or quails. Otherwise I'm into vegies, herbs, natives, permaculture and such.

Alan Powell,
8 Kamilaroy Rd, WEST PYMBLE 2073.

Dear GR,

Can anyone help me out with herb and vegie seeds if they have any to spare? And does anyone have any spare **GOURD SEEDS?** I only have the ones shaped like a butternut pumpkin. If anyone wants any of these gourd seeds please write and I'll send you some.

V Newcombe,
M/S 902 DALBY 4405.



Dear GR People,

My partner and I are hoping to relocate to the south-west of the state (WA) within the next couple of years. We are particularly interested in the **DENMARK/WALPOLE** area, and are hoping to correspond with like-minded people with local knowledge of climate, employment, real estate etc. It would be great to hear both the good and the bad points of living in the area to give us a balanced picture. We look forward to hearing from you.

Lindy Medcraft,
PO Box 33, BULLSBROOK 6084.

Dear GR,

Maybe someone can assist me. I would like to know how to make **TOFU.** I can find plenty of recipes using it, but nothing on how to make it myself.

C Hayes,
PO Box 949, MUDGEE 2850.

See GR 31, p29, for an article telling how to make tofu.

Hello all GRs,

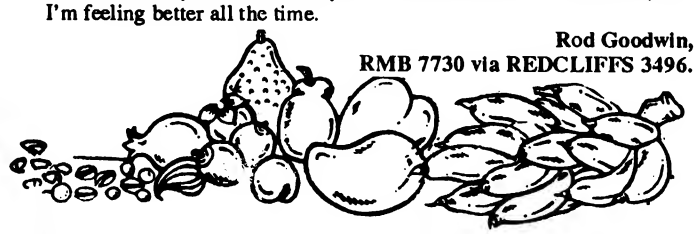
Can anyone please help? We have enjoyed this great informative magazine for many years and have put much of what we have learnt into practice at our homes we have rented, mainly in the city. After a wonderful year on a NSW farm, we are having trouble resettling into city life. And now realise the bush/country is our calling. We are after some peace, **SOUTH OF PERTH** (WA), electricity, water and a school for our boys. If anyone has a home we may rent/buy or share please contact us. References available.

Dennison,
29 Planet St, CARLISLE 6101.

Dear GR Readers,

I am interested in hearing from anyone who is interested in learning about or who has experienced **FRUITARIAN DIET** and fasting, the only truly natural diet and healing system. I have been experimenting with this on myself for over a year and it's the best I've ever felt, and I'm feeling better all the time.

Rod Goodwin,
RMB 7730 via REDCLIFFS 3496.



Dear GRs,

I'm desperate for **'ETHANOL'**, the book. Published around 1990 in pamphlet form, it is about 50 pp. All you need to know about production of motor spirit grade ethanol, including licencing requirements. Author's name is Kidman. Book loaned out, never came back. Now I need it. Will pay anything to get a copy.

Les Nagy,
C/- PO, CAIRNS 4870.

Dear Megg and Mary,

It seems you may have a gremlin in your computer which gobbles up zeros, as the article ('A Little Dab'll Do Ya') printed on page 57, GR 107 had **SOME ERRORS,** mostly regarding temperatures, where the loss of a zero changes one thousand to one hundred. Under subject heading 'Heat & Vibration' 300°C should read 260°C. Perhaps I did not write it clearly. Anyway 260°C is not much different to 300°C. Under 'Bits & Pieces' it should read 6000°C arc short circuit temperature (not 600).

In Feedback, page 39: making knives, 120°C should read 1200°C. 120°C is not much above the boiling point of water and would be 1000° under requirements for heat treatment in the article.

I guess folks may find out by trying to do something that won't work. Just thought I would mention the above in case of enquiries.

Kel Connell,
PO Box 71, EAST GOSFORD 2250.
Ph: 043-252-073.

Thanks Kel. We hope anyone wanting to try these methods reads your letter.

Feedback Link-Up Feedback

Hi! to Everyone,

As we are about to make *the* move onto our own piece of the most wonderful country on this planet, I thought I would drop you all a line (or two) and **SHARE THIS FANTASTIC EVENT** with our GR family. Now, we have had our ups and downs, and false starts, as most of you have had, and we've almost given up. But, something kept our dream alive!

I now believe our guiding spirits are really out there pitching for us. They know what we want, and are guiding us towards it. Earlier this year, we decided to give up and just go touring around Australia. We had two jobs lined up before leaving Canberra, first stop to be Gilgandra where we had a few month's work lined up (finished the job in ten weeks).

Job number two was in Agnes Waters to complete the construction (Larry is a builder) of a house in return for staying there. Well, as we finished in Gilgandra, we were told about a quarter-acre block in Harden (NSW) that was for sale for under $2000! So that decided it! Two days later we arrived in Harden and bought the quarter-acre block of land, with the intention of building a house on it and selling it to finance an acreage somewhere else.

Well, five months later house not started, but, we have found 37½ acres near Gin Gin in Queensland, at a good price on vendor terms, with power and phone! And, can use our quarter-acre block (now worth $5000) as deposit!

So, here we go again, sell furniture – again, pack up and go! We bought a good caravan for $2600 and shall live in it while we build. On the 37½ acres is a half-built log cabin. Sounds too good to be true, but we are happy enough to go up there, and if it isn't what we want, or we don't like it, so what? We can build on it and establish a farm and then sell. Then look for what we really would like. But us being us, if it is only halfway OK, then we shall be happy, as we're getting tired of the ups and downs, mostly downs, of moving, as some will understand. We are sick of paying high rents for someone else's dream. Now it's our turn.

We are adjusting to the fact it is going to happen, know what I mean? We know it is happening at last, but are wary someone will snatch it away! But each day that passes and our dream is still there sees us planning a bit more.

We cannot leave here till Christmas ('94), so we can be careful in our preparations, and learn to be patient and not rush headlong into this as we have done in the past. We want this to succeed. We don't want the world. We only want our little plot, and not to be dependent on anyone for our lives.

I suppose what I'm saying is this – we have tried to succeed as society says it should be done, but, while we know we are part of a system, or establishment or however you see the pattern, we want to do what is best for us. We cannot cope with the stress imposed on us because we think we have to keep up that pattern. Do hope I've said this the right way. It's just that we feel the mainstream of life, as 'society' sees it is not our way of life, even though that's how we were brought up and trained to think, and act.

Now, as we are about to embark on this next step in life, hopefully for life, we wish you all attain your dream, in time, and that you find happiness. Any of you who wish to write, please do. I'm putting our Canberra PO Box number as our address, so that all letters can find us at any time, my daughter will forward all mail to us here and then to our new address in Queensland. Please feel free to write, all letters answered.

Anni & Larry Edger,
PO Box 315, Kippax Centre, CANBERRA 2615.

Dear GR People,

Our experiences setting up with **SOLAR POWER** may be useful to people who want to run a washing machine off a 12 volt system. Two months ago we moved into our two bedroom home on seven acres near Tyalgum NSW (found in the Grassifieds) and are loving our new lifestyle.

We got the Rainbow Power Company to design a solar power system for us. It was perfect for our needs, but we went for larger batteries to allow for future needs. We wanted to run an automatic washing machine and thought long and hard about the best way to do it. I wanted to be able to run all our appliances, including a stereo, off one small inverter, but this seemed impossible until we looked at a Fischer and Paykel washing machine.

The specification plate said that it drew only 165 watts and, according to the brochure, used a DC motor – so no massive start-up currents as with an AC motor. Satisfied that we appeared to have found the answer we bought a Fischer and Paykel machine (more expensive than most, but cheaper than a large inverter) and had Rainbow Power install our solar setup (and a good job they made of it too).

Everything worked liked a dream until we tried the washing machine – it worked up until the spin cycle but would not spin. I was dejectedly rethinking some of our more expensive options when Rainbow saved the day. They picked up the washing machine and took it back to their workshop where Kali, their resident electronics genius rigged up a 'little white box' to attach to it.

They brought the machine back, we plugged it in and it worked beautifully, spinning its little heart out. So now we can run everything, including a vacuum cleaner, hi-fi, clothes iron and automatic washing machine off our 300 watt sine wave inverter.

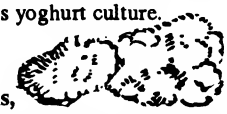
And a big thank you to the great people at Rainbow Power Company who went way, way beyond the call of duty to help us out.



Bob Smith-Vaughan,
Lot 17 Crystal Vale,
Pumperbil, via TYALGUM 2484.

Dear GR Readers,

Has anyone heard of or does anyone have a **BULGARIAN YOGHURT CULTURE?** Ten years ago I had one and it looked like small pieces of cauliflower. You just add milk, let stand a few days then strain and repeat the process. In time you have to divide the 'plant' as it grows. I would greatly appreciate any information as to where I might obtain this yoghurt culture.



J Sjollema,
46 Loren St, EGLINTON 2795.

Dear GRs,

In the August/September edition someone asked how to make **CRISP PICKLED ONIONS.** My grandmother made them in the following way and so do I. Peel your onions, put them into jars. Boil the vinegar and spice and while still hot pour over the onions and close the jars tightly. You can add chilli or whatever you like.

Granny also **MADE WINE** out of all sorts of things. She put the fruit, pea pods or anything else she was using into a bucket, filled it with hot water, added sugar and floated a piece of toast, covered with yeast, on top. This she left until it was bubbly then bottled it, using corks in the bottles so that they could blow if it got too fizzy. One year she put blackberries and sugar into a bottle, put the cork on and buried it in the ground. This was in Cornwall so blackberry season was in September. I remember my father opening it and bright purple wine going all over the ceiling, in his ears and up his nose. There was even enough left for everyone to have a glass. Perhaps if you use Granny's recipes you could open your wine outside.

Myra Robinson,
Box 319, PROSPERINE 4800.

Dear GRs,

We are a family of five who have just begun to realise our dream of owning our own plot of land (300 acres +) not far from **ORANGE.** Having been bound to suburban life for financial reasons until this, we are really finding our move rewarding. We are discovering a basic healthy lifestyle that takes more effort on our part and enables much more personal satisfaction and a real sense of achievement. At last we are able to unwind inside from the frantic pace of city living! We are without power and are on tank water, and are surviving well despite the doubts of many. We are interested in installing a **WORM TOILET** in preference to septic and would love to hear from anyone with information of any sort regarding them.

We are also wanting to hear from anyone looking for a **CHANGE OF LIFESTYLE** to help out with childminding plus the odd chore around the property when needed. In exchange for this we would offer rent and board (single mum is fine), a family lifestyle, and as our property develops, we would be willing to discuss a share arrangement with you. Anyone interested please write.

Denise,
C/- PO Box 38, MOLONG 2866.

Feedback Link-Up Feedback

Dear Readers,

For years in this hot, dry climate in the far north of Queensland, I have struggled with my garden. I love gardening, or I did! First my garden in Rossville outside of Cooktown, which I worked on forever, running long distances up and down from the creek to pump every night, and the incessant everlasting weeding. Then after months of work and waiting, just when the fruits of my labour were ready to eat, something had eaten it first!

After years of this, I decided to move on, to another hot, dry place, the only place my finances could afford. Oh no, I did not mind that the Hot Creek was sulphur water. I could get over that! I, who had a green thumb and gardened with love! Six years later I was still waiting for the vegies to show their dear little selves!

So I moved up the road, and bought a place with a flowing river, at last I could really let myself go. I put in hundreds of dollars worth of trees, plants etc. I could water to my heart's content! Then came summer with a vengeance. The wonderful flowing river dried up, and I have a tiny, foot deep puddle, no rain for four and a half years, and I'm watching the hardiest of my plants give up the ghost!

I am now going to fill my garden with glorious plants of every type! Put in a mass of green lawn, cover it with shadecloth, and never water it, because it will be **ALL IMITATION.** I will not be a slave to it any more! I won't need a caretaker to water it any more when I want to take a holiday, and it won't break my heart if it dies! I'll just buy another one!

Yellow Fingers,
Carole Hobbs,
Innot Hot Springs, FNQ.

It can be disheartening trying to keep a garden growing in a hot, dry climate. A recently released book might help you. 'Beautiful Gardens With Less Water', by John Patrick, published by Lothian. Alternatively, have you thought of creating a cactus garden? We know of someone else who had a very attractive garden of artificial flowers. Perhaps this will prove to be a 'growth' industry of the 90s if the dry conditions persist.



Carole Hobbs, deciding to 'grow' an imitation garden.

Dear GRs,

I am writing to thank everyone for their helpful and interesting letters. Some didn't have addresses so thank you. Our situation has changed somewhat since my last letter to GR. We have bought a five acre block at Winchelsea and plan to build a **MUD BRICK LOFT HOME.** We'd rather make the mud bricks than buy them and would like to hear from mud brick builders and loft home owners. A lot of our friends think we're mad building in mud brick as they claim they are expensive (if bought in), don't weather well, and are very difficult to make!

By the time this is printed we should be living in our shed on the land. Anyone with old (antique) doors, windows, kitchen dressers, claw baths, second-hand building materials please write as we are getting as much together as we can.

Also, I'm interested in buying a food dehydrator. Can anyone recommend a brand? Can they be bought second-hand?

One last request. I am after the herb soapwort. Can anyone help me with seeds? I'll gladly pay for them. Anyone just wanting to write please do. I am 27 with four children $8^{1}/_{2}$, 6, $4^{1}/_{2}$, and $1^{1}/_{2}$ and many interests.

Debbie Smith,
C/- Post Office, MORIAC 3240.

Dear Friends,

Help! I'm covered in big red spots. I suffer from a condition known as **POLYMORPHIC LIGHT REACTION** and as the name suggests I am allergic to the sun. After many visits to doctors, naturopaths and skin specialists and after trying many different diets, lotions and potions, the money has run dry. Does anyone know of, or suffer from, this condition? Can it be healed and if so, how so? I would be most appreciative if anyone can help.

On a lighter side, would anyone care for a penfriend. I am interested in all areas of self-sufficiency and aim to become as self-reliant as possible. I enjoy trying my hand at many different crafts, love animals and hope to start propagating trees for our rather barren property. I will answer all letters.

Lisa Bower,
PO Box 16 URALLA 2358.

Dear GR,

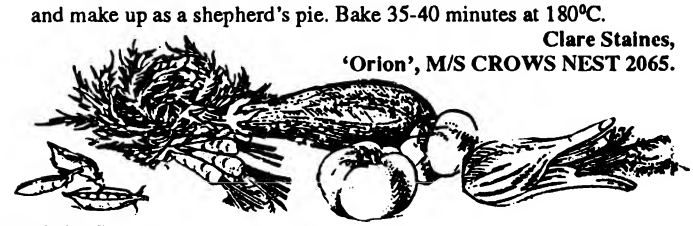
As most people who read GR like growing things, I'd like to tell readers who live near Toowoomba in Queensland about **THE DARLING DOWNS NATURAL GROWERS GROUP.** We are a group of between 30 and 40 families or individuals who strive to garden without the use of inorganic pesticides or fertilisers. We meet once a month at Laurel Bank Hall in Hill St, Toowoomba, the first Wednesday of the month (except Dec or Jan) at 7.30 pm, and arrange about 10 other activities, farm visits etc during the year.

We have had quite a variety of activities over the years which I'm sure would interest GR readers – not just plant-growing related, but involving animals too. For example visits to a free range organic piggery, free range chicken farm, crayfish farm and pigeon-raising enterprise. As for the plants, we have had demonstrations on how to prune fruit trees, talks by Michel and Jude Fanton (seed savers), soil scientists, a permaculture workshop and so on. Everything is aimed at giving practical hands-on experience. Added to all this, of course, members get to know like-minded people in the area, swap cuttings and seeds and occasionally share the work-load of jobs at home. Some of us also belong to the local LETS organisation and trade between ourselves.

If GR readers are interested in joining, membership is $14 per household a year. You can send a cheque with your name and address to: DDNGG, PO Box 7614, Toowoomba Mail Centre 4352. The subscription pays for a newsletter to be sent to you each month and entitles members to borrow books from our library which is now fairly extensive. People who can't afford or don't want to join are still very welcome to all our activities. We try to advertise what is going on in *The Chronicle* or on the community announcements on the local radio stations. Otherwise you can ring me, Clare, on 076-984-719.

Finally, a **RECIPE FOR VEGETARIANS** who miss meatiness in their meals. This has fooled visitors into thinking they are eating shepherd's pie. It's called Red Dragon Pie (I don't know why): 110g adzuki beans, 55g wheat grain, 1 chopped onion, 2 diced carrots, 1-2 tbsp soy sauce, 2 tbsp tomato puree, 1 tsp mixed dry herbs, salt and pepper, 500g cooked mashed potatoes. Soak beans and wheat overnight. Cook 50 minutes until soft. Reserve the stock. Fry onion in butter, add carrots and fry two minutes. Add drained beans and wheat. Mix the stock with the soy sauce, puree and herbs. Pour over bean mixture and simmer 20-30 minutes. Season and make up as a shepherd's pie. Bake 35-40 minutes at 180°C.

Clare Staines,
'Orion', M/S CROWS NEST 2065.



Feedback Link-Up Feedback

Dear GR Readers,

In regard to the comments made by Beth Warren from Woodford (GR105) **CONCERNING PRISONERS.** If the issue wasn't so serious it would be laughable.

It is blatantly obvious that Ms Warren has never spent a day in prison and as a result, like many in our society, has a preconceived idea that 'prisons are motels' and that we (prisoners) are better off than most people in the community.

Prisons as they exist today are still breeding grounds for rebellion, frustration and hopelessness. For almost two hundred years they offered no incentive to correct the aberrations that exist in the inmate's behaviour pattern. Apathy and this apathetic neglect of basic human rights resulted in the prehistoric and cruel conditions that were widespread in the 1970s, thus resulting in the Nagle Royal Commision into prisons.

I should point out that people convicted of a crime are legally punished by being deprived of their liberty for a certain term: loss of their freedom. In the state of NSW the Griener government ensured that there would be no more 'slap on the wrist punishments' and that people would spend longer terms in prison as a result of the truth in sentencing legislation passed in 1989. So, we have now seen a 50 percent increase in prison numbers.

Prison is a place of punishment, not a place for further punishment which was not imposed by the courts, namely: the deprivation of human rights. If you deprive a person of his human rights, then what chance has a prisoner of learning respect for others' human rights?

Is rehabilitation of no concern for our society, for prison authorities? Of course some people will always say that convicted criminals have forfeited all human rights and should be regarded as little more than animals to be locked up and punished as harshly as possible.

This brutal, noncaring philosophy is regrettably misguided and far from uncommon in our society. Until our society changes its attitude in relation to crime and its appropriate punishment and as long as prisons remain a separate entity from the community, then they will remain nothing more than factories for the manufacture of hardened criminals.

As for the cliche of 'paying your debt to society', well really, how ridiculous. We all know that the so-called debt, is never paid and a person who enters prison for whatever reason will continue to suffer for the rest of his or her life. Some people try to bundle it up into a nice little package which would have some believe that once you're released from prison your debt has been paid.

Let me ask you, how does one start a new life with a new outlook and desire to be law abiding, when you don't have anything to establish yourself with once released, except for one dole cheque? A great many prisoners try to be law abiding when paroled but after the endless array of knockbacks and lack of support, it just becomes easier to give up wanting to be a better person and return to your old way of life.

You know, Shakespeare had it wrong when he said, 'It's the lawyers we have to fear'. It's the members of the fourth estate, including those who manage, produce and report through the media. The public needs to review whatever code of ethics the media think they subscribe to. The articles constantly written by media on prisons are basically fanciful accounts that contain few facts. Hence the preconceived idea that many people adopt, that 'prisons are motels'.

Mr Cory Kelessy (inmate)
Lithgow Correctional Centre
Box 666, LITHGOW 2790.

Dear GR,

Some of my friends are subscribers of your magazine. I am the editor of a **DANISH MAGAZINE** *Praktisk Okologi* – translated: *Ecology in Practice*. Mostly about gardening, nature, farming and how to live in an ecological way. Any interested GR readers are welcome to write to me.



Karna Maj
Vestenskovvej 11,
DK-4900 Nakskov
DENMARK.

Dear GR Readers,

We are two stressed-out, over-worked women, who are fed up with bureaucracy and the seemingly out of control hyperactive speed of mainstream life. Our aim is to lease/buy a property with a livable house on it, in **TASMANIA**, preferably the east coast (but we aren't setting limits!). We would like the opportunity to caretake a property for negotiable rent/renovating towards the end of 1995 (Sept/Oct).

We are coming to Tasmania for a holiday from the 1-14 May 1995, and would love to meet anyone interested who might be thinking of moving temporarily and need responsible people to caretake, and/or we would just like to meet other GR minded people who have given up careers to start again in a more unpolluted and peaceful part of Australia.

Lee & Vicki,
45 Bristol Street, ALDINGA BEACH 5173.

Dear GR,

I have recently begun beautifying a 22 acre lot of natural bushland in south-east Queensland. It's hard work but already paying off with success in attracting wild birds to feed from the front porch and one individual by hand.

The lot is covered with spotted gums and a fairly good cover of grasses, even though we could be experiencing our second driest season on record, following last year's. I've been one of the lucky ones to have had some rain. Unfortunately the rains have kept alive two problems: **MISTLETOE** and **MOTHER OF MILLIONS.** All info anyone can give me on how to kill these two off, preferably without using poisons will be greatly appreciated. Also, any natural way of keeping **ANTS** out of the house. I have used surface spray on kitchen benches, in drawers and cupboards, but I'm worried about spraying around eating utensils – again, any ideas or advice greatly appreciated.

John Rodger,
C/- Tiaro Post Office, MARYBOROUGH 4650.

John, see other letters in this issue regarding ants. I read many years ago that ants will not cross a chalk line. Wiping benches down with lemon juice or vinegar will deter them and is much safer than using chemical sprays near food preparation areas.



Dear Editors & GR,

Marje Bates (GR 105) asked whether anyone has a way of **GETTING RID OF ANTS.** We spent several years in the Mediterranean on the Island of Cyprus which is arid and ant-ridden. One environmentally friendly way to dissuade ants from coming into our kitchen was through the use of cloves. We crushed cloves and sewed them into small sachets of gauze material and placed these inside cupboards and along the entry points (cracks in tiles, walls etc). We found this method most effective and have used it successfully back in Australia. Here we use whole cloves scattered on shelves as the problem is not as bad. We haven't tried it – but perhaps the cloves could be crushed and infused in boiling water and used as a spray.

Another thing we learned in Cyprus was to use lemons to **CLEAN BRASS AND COPPERWARE.** Rub half a lemon vigorously over the metal and then rinse to give a good shine.



Ken Hunt,
27 Blanche Pde, MT MACEDON 3441.

Dear GRs,

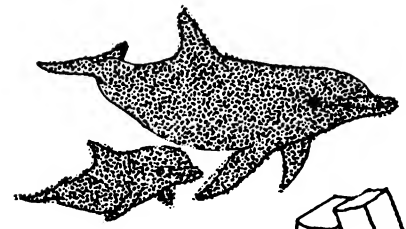
I was reading your magazine at a friend's house, Oct/Nov issue. I think your magazine is great. There was a reader, Marge Bates of Dandenong 3175, who wanted a way to **GET RID OF ANTS** in her kitchen. These are some of the ways I know. Plant mint outside near the doors, wipe benches and cupboards with a few drops of peppermint oil and water.

Then Marge would have to remember to wipe the benches first, before any preparation of food, so as not to taint the food from the mint, then redo them again. Another way is a bowl of sugar with borax added (kept away from children and animals), placed outdoors – a piece of flywire or fine chicken wire secured over the top would help. Putting a white chalk line near the doors will stop them from crossing, as will talcum powder, I have used the latter but find it a bit messy.

I have not tried the peppermint one yet as our ants are staying home due to our cooler weather but I will as soon as they are on the march again. I hope these work. All the best.

Mrs Lin Mahoney,
153 Moscow St, PETERBOROUGH 5422.

Kids Pages



MY FAVOURITE PLACE – GRANDAD'S FARM

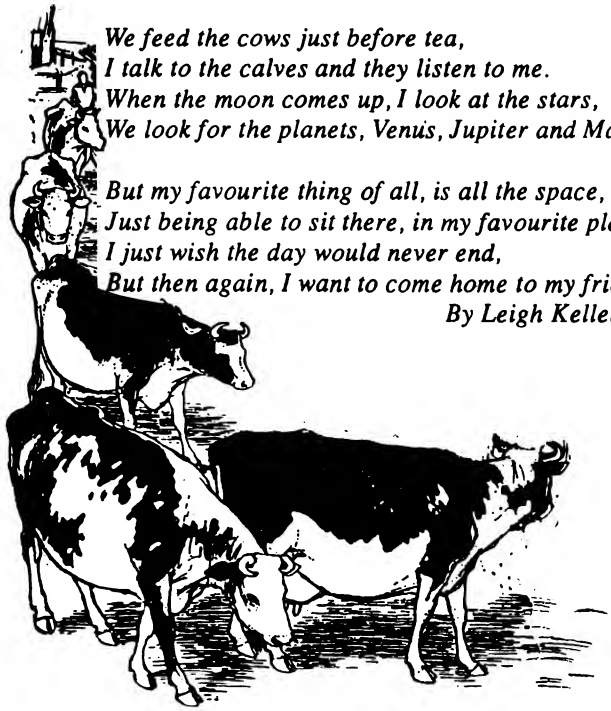
My favourite place is my grandad's farm,
It has lots of cows, two sheds and a barn.
The air is fresh the wind is calm,
The rain is cold as it runs down your arm.

And as dawn breaks the tractor sounds,
Ploughing the dirt, the rocks and the mounds.
I ride my motorbike up and down the land,
The wind in my hair, the dust on my chain.

We feed the cows just before tea,
I talk to the calves and they listen to me.
When the moon comes up, I look at the stars,
We look for the planets, Venus, Jupiter and Mars.

But my favourite thing of all, is all the space,
Just being able to sit there, in my favourite place.
I just wish the day would never end,
But then again, I want to come home to my friends.

By Leigh Kellett.



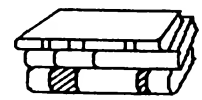
Knock, knock.
Who's there?
Cows go.
Cows go who? Cows go moo, not who.

EGG-CITING EASTER FACTS

If laid end to end, the total number of standard size Creme Eggs produced by Cadbury in 1995 would stretch from Sydney to Fiji.

Australia holds the world record for the largest and heaviest Easter egg ever produced. In 1992 Red Tulip leaped into the Guiness Book of Records with a huge chocolate Easter egg weighing in at 4755 kg and standing an incredible 7.1 metres tall.





BOOK REVIEW



***The Dolphins Swim Free*, by Marianne Rogers.**

In many ways *The Dolphins Swim Free* is a sad story, as it shows the difficulties that animals bred or kept in captivity have in adapting back to their wild homes. This is what happened to the Atlantis Marine Park (Western Australia) dolphins when the park was forced to close. The only option for the dolphins was to be released into the wild. It has been a success for a few, but not all. Their story is told with many photos and illustrations in this interesting book.

Published by Kangaroo Press, RRP $12.95.

CRAZY CROSSES

Q. What do you get if you cross a mosquito and an elephant?
A. I don't know, but if it bites you, you're in real trouble.

Q. What do you get if you cross a steer with a tadpole?
A. A bullfrog.

Q. What do you get if you cross an elephant with a spider?
A. I don't know, but when it crawls on your ceiling, the roof collapses!



COOKERY CORNER

PEAR SLUSH

1 x 825g can pear halves in syrup
1 tsp citric acid

Put pears, syrup and citric acid into a blender. Blend on high for 2-3 minutes.

Freeze in a shallow metal tray. Soften to slush before using. Pile into tall chilled glasses and serve with a straw and a spoon.

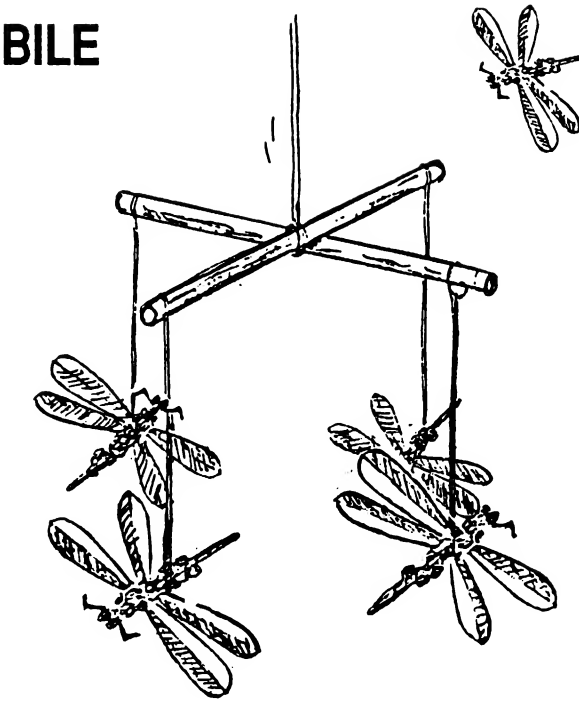
For a special occasion, frost the glass. Dip the rim in lightly beaten egg white then dip into crystal sugar. Allow to dry before filling with Pear Slush.

From, *Friendly Food, The Complete Guide to Avoiding Allergies, Additives and Problem Chemicals*, by Royal Prince Alfred Hospital Allergy Unit, published by Murdoch Books, RRP $8.95.

Q. Where do bunny rabbits spend their holidays?

A. On Easter Island.

MAKE A DRAGONFLY MOBILE



What you need

4 dried callistemon (bottlebrush) pods
8 large leaves
8 small leaves
16 tufts of grass
8 callistemon seed capsules
4 eyelets
2 metres of fishing line or strong cotton
2 fairly straight sticks
glue

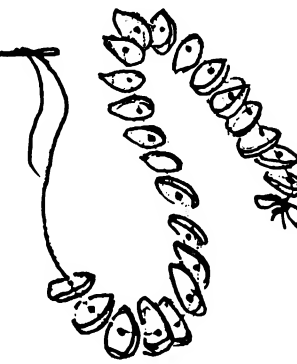
What to do

Collect all your materials, making sure you do not damage any plants. Glue the parts for each dragonfly together using one pod for the body, two large and two small leaves for the wings, grass for antennae and two seed capsules for eyes.

Carefully attach eyelets to each creature ensuring that they will hang correctly. Attach about 400 millimetres of fishing line or cotton to each dragonfly. Bind the sticks together in the shape of an X and hang the dragonflies from the four ends. Attach a piece of line to the centre for hanging, and adjust the mobile until it balances.



ACTIVITIES WITH SEEDS



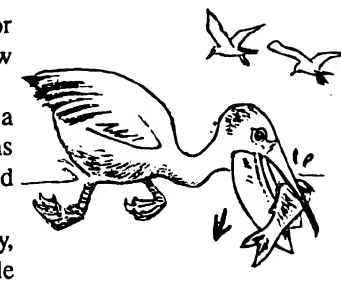
- Make a collage by gluing different kinds of seeds in patterns on a base board.
- Thread apple pips or pumpkin seeds to make necklaces and bracelets.
- Pack a small jar as tightly as possible with bean or pea seeds. Add water and screw the lid on tight. As the seeds absorb the water they will break the jar or force off its lid.
- What seeds do people eat? Find out about grains and seeds, how they are grown and what products are made from them.

WETLANDS



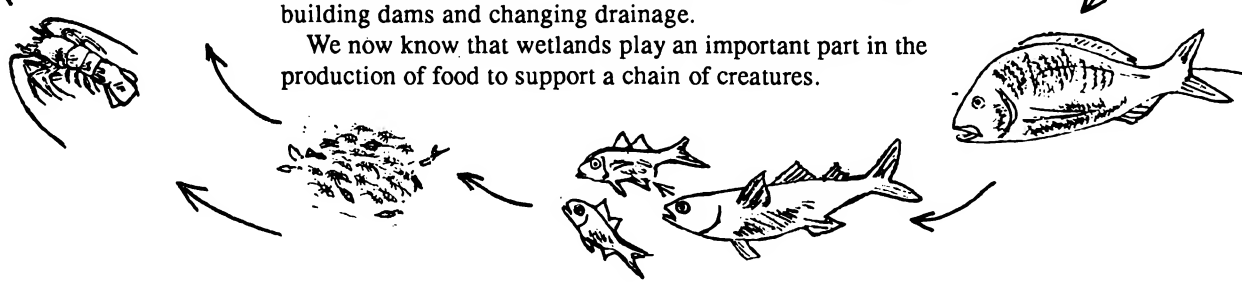
Wetlands are places where water covers the ground for all or part of the year. Because Australia is so dry, there are few freshwater wetlands and most are dry for part of the year.

Wetlands along the coast are found in the area where a river meets the sea. This is called an estuary and is known as 'the supermarket of the sea' because so many plants and animals live in them.



Until recently, people thought that wetlands were smelly, useless places. Because of this, many were filled in and made 'useful' as areas for housing, shops or sports fields. Areas of wetland have also been allowed to dry up because of people building dams and changing drainage.

We now know that wetlands play an important part in the production of food to support a chain of creatures.



While the Billy Boils

Now the weather is cooler again in most areas, we can enjoy cooking up a storm with some of the autumn vegetable glut. We have been assured that the beetroot cake tastes just like a delicious, moist fruit cake. We hope you enjoy it.

CURRIED VEGETABLE BALLS

¾ cup cooked lentils
¾ cup cooked baked beans
¼ cup chopped onion
¾ cup cooked rice
½ cup chopped walnuts
1 egg
½ cup corn kernels
½ cup bread crumbs
1 tsp curry powder
¼ cup oil
1 egg, beaten

Combine all ingredients except flour, beaten egg and oil. Mix well in a bowl with wooden spoon until mix is firm and well blended. Divide mix by hand, mould into round balls about four centimetres diameter. Roll balls in flour and then in beaten egg. Fry in oil about five minutes, until brown.

Colleen Wood, Elizabeth East.

CUCUMBER AND RED PEPPER RELISH

6 lge cucumbers
4 onions
4 red peppers
1 tbsp celery seed
1 tbsp mustard seed
1 tbsp dill seed
½ tsp ground mace
2½ cups sugar
2½ cups vinegar
2 tbsp salt

Chop vegetables. Sprinkle with salt and leave overnight. Drain well. Add all other ingredients. Place in stainless steel or enamel saucepan and bring to boil. Cook ten minutes. Bottle and seal while hot.

Sarah Marshall, Gunnedah.

CAPSICUM AND CUCUMBER SALAD

2 medium sized apple cucumbers
1 medium sized red capsicum
1 medium sized green capsicum
½ cup plain yoghurt
¼ cup orange juice
1 dsp chopped fresh dill

Mix together yoghurt, orange juice and dill to make dressing. Wash and thinly slice cucumbers and capsicums (seed capsicums before slicing). Layer capsicums and cucumbers alternately in a large bowl, drizzle a small amount of dressing over each layer and the remainder over the top.

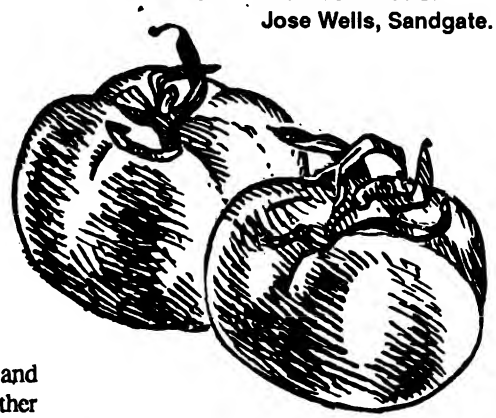
Grace Fryer, Emerald

PUMPKIN AND PINE NUT BREAD

¾ cup olive oil
½ cup honey
1 egg
½ tsp powdered nutmeg
3 cups finely grated pumpkin
¾ cup raw sugar
2½ cups plain wholemeal flour
1 tbsp cinnamon
black pepper, to taste
2 tbsp baking powder
1 cup pine kernels

Beat egg. Combine the oil, honey, egg and pumpkin. Mix well. Combine all dry ingredients then add to pumpkin mixture. Pour into one large oiled loaf tin. Bake in a moderate oven for 55-60 minutes.

Jose Wells, Sandgate.



STUFFED TOMATOES

4 medium tomatoes
½ cup dry breadcrumbs
1 tsp chopped basil
1 onion
1 hard-boiled egg
2 tbsp chopped olives
2 tbsp olive oil
black pepper, to taste
extra olives to garnish
grated tasty cheese, optional

Dice onion and chop egg. Halve tomatoes, scoop out flesh, chop and mash it. Sprinkle inside tomato shells with pepper. Combine tomato pulp with all other ingredients, mix lightly. Place tomato shells in a large shallow-sided baking dish. Fill with stuffing. Bake 30 minutes in moderate oven. Sprinkle each tomato with cheese and return to oven for last five minutes of baking if desired. Garnish with olive slices.

Jock Graeves, Launceston.



BEETROOT CAKE

250 g butter
1 cup castor sugar
4 eggs
1 cup currants
1 tbsp lemon juice
1 cup plain flour
250 g fresh beetroot
2 tsp grated lemon rind
½ tsp ground nutmeg
1 cup SR flour

Finely chop beetroot. Cream butter and sugar until light and fluffy, beat in eggs one at a time until combined. Transfer mixture to large bowl, stir in beetroot, currants, rind, juice, nutmeg and half sifted flours. Mix well. Stir in remaining flours. Spread mixture into prepared loaf tin and bake in moderate oven about 1½ hours or until cooked. Stand five minutes before turning out. Can be served warm or cold, spread with butter if desired.

Nancy Tacey, Kialla.

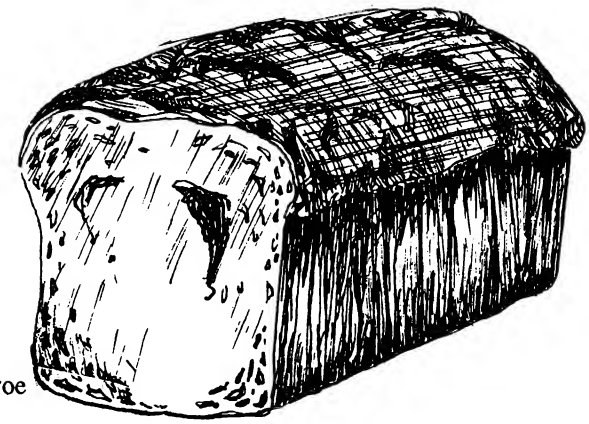
EASY NUT BISCUITS

⅔ cup sunflower seeds
1 cup rolled oats
1 tbsp vegetable oil
2 tbsp honey
1 large ripe banana
1 egg

Set moderate oven (180°C). Beat egg, grind seeds and oats in a food processor to a flour mixture. Add oil, honey, banana and egg. The mixture is quite runny. Drop tablespoonsful onto prepared biscuit tray. Bake 15 minutes in moderate oven.

Lynn Bird, Guys Hill.

APPETISING USES FOR LEFTOVER BREAD



by Pamela Odijk, Mt Morgan, Qld.

My mother and grandmothers lived through the years of war and the great depression, and their hand-written recipe books, which have fortunately found their way to me, contain many money saving ideas. Nothing was wasted – not even stale bread. And in spite of what one may think on an initial reading, all the recipes are very tasty. Other recipes using leftover bread I have collected over the years and make frequently. The South African recipe Bobotie, for example, won me a prize in a recent competition.

RECIPES

Spanish Onion

stale bread slices
several onions
salt and pepper
milk (reconstituted powdered milk is fine)
a little butter or margarine

Slice onion, remove the crusts from the bread. Grease a large flat-based dish and place a layer of bread slices covering it. Cover this with a layer of sliced onions adding a little pepper and salt. Continue layering in this way until the dish is full, ending with a layer of bread slices. Butter these last slices on the top. Pour the milk over, pressing down the bread and onion mixture with a fork until all the bread is saturated. Place in a moderate oven for about 45 minutes until risen and lightly browned. Serve instead of potatoes with any meal.

Bobotie

2 cups bread cubes
1 cup mince
1 cup (approx) milk
1 tsp curry powder
1-2 onions
1 egg (beaten)
pepper and salt to taste

Grate onions. Boil milk and pour it over the bread cubes and leave to soak for approximately 20-30 minutes. Add the mince, curry powder, onion, salt and pepper and egg and mix well. Pour into a greased pie dish and bake in a moderate oven for half an hour until risen and golden. Serve with potatoes, a green and a yellow vegetable.

Taramasalata

6 slices white bread
1 jar smoked cod's roe
¼ grated onion
1-2 cloves garlic
green olives
8 tbsp olive oil
juice of 1 lemon
1 tbsp chopped parsley
hot toast

Mash garlic. Place the cod's roe in a mortar (or blender). Trim the crusts from the bread and soak in water. Squeeze out the water and add bread to the cod's roe. Pound the mixture to a smooth paste and then stir in the onion and garlic. Add the olive oil and lemon juice alternately in small amounts, stirring well until the mixture acquires a smooth consistency. Sieve. If the mixture has been mixed in a blender there is no need to sieve it. Serve in a salad bowl, sprinkle with finely chopped parsley and garnish with green olives. Serve with hot toast.



Bread Sauce

1 onion stuck with 8 cloves
375 ml milk
100g stale bread, crusts removed
12g butter
pinch of ground mace
salt and pepper

Put the onion into a pan with the milk and gently heat it. Break the bread into small pieces and place it in the pan. Cover the pan and leave to soak for at least an hour. Stir in the mace and butter and season the sauce to taste. Bring the sauce to the boil, stirring occasionally. Remove the onion and cloves, and, with a fork, beat the sauce until it is smooth. Check again for seasoning before turning into a small dish for serving. (Can be served with most hot meats, especially roasts.)

Fried Bread

Slices of bread sauteed in butter (and sprinkled lightly with lemon juice if desired) are an ideal substitute for potatoes.

Garlic Bread

Spread leftover bread slices (or slices of French loaf) on both sides with a mixture of margarine and minced garlic. Press the bread back together and surround with aluminium foil. Bake for 15 minutes in a hot oven.

Bread and Butter Pudding

slices of bread, buttered
2 cup milk
3 eggs
vanilla
sugar

Butter a pie dish and three-quarters fill it with thin slices of bread and butter, sprinkling a little sugar between the layers. Pour over this a custard made from the milk and beaten eggs. Allow to soak for a few minutes and then bake until the custard is set and the pudding slightly browned. Variation: Jam can also be spread on each slice for added flavour.

Sultana Pudding

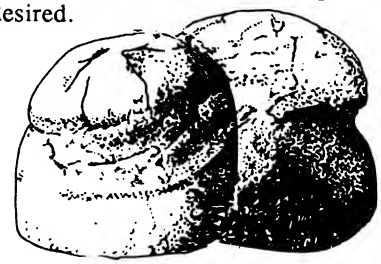
sultanas
30g piece of suet
1 cup milk
slices of bread
2 eggs
sugar
vanilla and lemon essences

Butter a pudding basin and line it generously with sultanas. Fill up the basin with slices of bread with suet grated over each slice. Cover the bread with a custard made from the eggs, milk, a little sugar and a touch of each of the flavourings. Cover with greaseproof paper, fit the lid tightly, and steam for one and a quarter hours. (The basin can be placed on a rack in a pressure cooker which reduces the cooking time to about 20 minutes.)

Plum Bread

Use one slice of bread, crust on, for each person. Butter the slices on one side and press five or six raw half-plums down into the bread with a knife. Sprinkle

with brown sugar, spread a little butter onto each half-plum and put the slices into a well buttered casserole, plum side up. Place in a moderate oven near the top, covered with a piece of buttered paper. After 30 minutes the bread will be crisp and golden and the plums cooked with a sugary syrup on top. Apricots can be used instead of plums if desired.





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ROSSARDEN REVISITED

by Naomi Robinson, Rossarden, Tasmania.

After the article about my renovated church in Rossarden appeared in GR 96 I received so many letters from people far and wide, even people who had lived here when Rossarden was a thriving mining town. Thanks to everyone for your letters of encouragement.

In a few months it will be the time of year when our town is transformed with thousands of lupins and broom. Every year I gaze in wonder at the glorious hues. I've travelled quite a lot and never seen anything so colourful. Even the Tasmanians don't realise what a beautiful spectacle we have up here in our mountain. So if you are passing in November or early December pop up to Rossarden with your camera. We also have a barbecue area where you can cook and gaze at our beautiful Ben Lomond mountain.

I finished painting the weatherboards on the church, three coats of undercoat were required as the timber was so dry, and then the final top coat. I must declare you need your sunglasses because it's so clean looking. It's surprising what a splash of paint does. I've still got the steep roof to paint and I reckon I'll need all fingers and toes to hang on and balance while I paint.

My neighbour Klaus came to the rescue with the portable scaffolding erection for the rear of the church. What a Godsend to have good neighbours who help you with heavy equipment. My garage (which is a recycled job) is being erected by Klaus also. To finally move all my tools and equipment from my porch/entrance way will be heavenly, as I close my eyes these days to the unsightly clutter.

I've started writing a book on Eli and Shirley Quillerat (the 73 year old tinminer/blacksmith and his wife). Their experiences are unbelievable. I sat typing on my computer one night with a few wet hankies as I typed away.

I've been doing an introductory course on tourism, hospitality and retail trades and hope there will be a job somewhere for me in this area. I suppose in our economically troubled times we have to look to other alternatives and try other skills – you never know what may happen, you have to try.

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RIDING SAFETY

by Robin Jean, Braidwood, NSW.



The desire to obtain a pony for the children is often part of the dream of country life. When the dream becomes a reality there are many practicalities and safety matters to learn about.

Last time I wrote about horse safety with regard to behaviour, clothes, tack and leading your horse. In this article I will discuss the very important topic of actually riding the horse, keeping the wellbeing of both horse and rider in mind.

RIDING SAFETY

Riding is not something you can do on the spur of the moment. Even the quietest, most obliging horse takes time to catch, groom and tack up. And it takes even longer if you do it properly.

Pre-riding Check

Before you ride you should always check the following points.

Lightly groom your mount. Do it properly. Grass, dirt or twigs are not going to help in a smooth ride and may give the animal saddle sores.

Check the horse's feet. You can't ride a lame horse. You may even make it lame if there is a stone in its shoe when you ride. Check for loose shoes and clean hoofs. Make sure there are no sticks, stones or wire caught there. And while you are looking you might as well check for bad smells and that the heels are healthy.

Next check the back and girth area for cuts or sores. Again you won't be able to ride an injured horse. Make sure that the saddle blanket is clean and not full of sweat or dirt from previous rides. A dirty saddlecloth may cause rubbing and subsequent sores.

Make sure when you put the saddle on the horse that it rests on the horse's shoulders not the loins. Most importantly it should not touch the spine. The groove up the centre of the underside of the saddle goes over the backbone. If the saddle is the wrong size for the horse or it is put on badly then the horse may also be injured.

Buckle the girth slowly, pulling it up a couple of holes at a time. It should be firm. A loose girth will rub, a tight girth will make the horse buck. Never use a dirty bit. It will be rough in the horse's mouth and not only will be uncomfortable but may also injure the animal's mouth. The bridle should fit well around the ears and the cheek straps should be taut and not so loose that the bit slops around in the animal's mouth. Use a drop noseband to keep the horse's mouth shut. Use a neck strap. You may be pleased to have it if the horse is frightened and bolts.

Mounting

Mounting is straightforward once you know how but you can make it easier and safer for yourself. Use a mounting block. You won't be a sissy if you do and the saddle has a better chance of staying in place if you don't put too much sideways strain on it. If you don't have a mounting block then ask someone to hold the top of the stirrup leather on the opposite side to you so that the saddle doesn't slip.

If you need someone to hold the horse as you mount make sure they are holding its bridle on the right-hand side where the cheek strap buckle sits. This position gives them most control over the horse. They will have no control if they hold onto the reins or noseband.

Riding

The next step is riding the horse. If you have just bought the horse it may even be the way you are going to get it home. Remember that horses are not machines. They are willing beasts of burden and unless you are very careful of what you are about you can destroy a fine animal.

Do not ask the horse to do something that you yourself are unable to do. If you can't run for three hours solid don't ask your horse to do it. The chances are that if you are not fit, your horse won't be either and you could finish without a mount. Pay attention to your mount. When a horse stumbles it is not necessarily because it is playing up or bad tempered. It may have stood on a stone, missed its footing or just be plain exhausted. Even in people, stumbling is one of the first signs of exhaustion as anyone who has been out on an all-night fireline can testify.

Choose your ride carefully. Horses like company so they are liable to be a better ride when around other horses. Never ride on trail bike tracks. Always walk your horse over hard ground. It is too hard on their legs to canter or gallop over hard or rough terrain.

When riding on private land not your

own, make sure you have the permission of the owner first. And close all gates that you have to open. You may lose a first class place to ride if you don't.

Try not to ride alone. But if you do have to ride alone always let someone know exactly where you are going and stick to your plans. Do not let children under the age of ten ride by themselves at all. Make sure children older than ten are riding a pony they can manage and that you know where they are going and they stick to their plan. When matching the horse to the child try to match their abilities. Never lose sight of the fact that at the very least a pony is the equivalent of a 250cc motorbike.

Never gallop or canter uphill or downhill. If going up a hill is the only place you can control the horse when you are cantering or galloping go to a properly qualified instructor and learn how to do it properly. If you *must* canter up a hill don't sit down on the job. Stand up in the stirrups so that the horse's back is not injured. When going down a steep hill sit still. It's not easy to walk down a hill and it is a lot harder if someone is jumping all over your back.

Start each ride with a ten minute walk followed by a rising trot for another five or ten minutes. Then dismount and check your girths. You'll probably find that you can do them up another two holes. Never go for a long ride if the horse has not been ridden for some time. The animal is likely to be out of condition just as you would be in the same circumstances. Divide the ride into a warm-up walk for twenty minutes or so, a brisk trot for twenty minutes and then a warm-down walk of another twenty minutes.

Unless it is absolutely necessary never ride through deep puddles. The horse won't want to anyway since it doesn't know whether it is safe.

Horses often find bridges frightening. Be firm but understanding. Don't start something that you can't carry through. The horse has to know that you are top horse to be able to follow your instructions.

If the horse shies during the ride it probably means that the animal is bored or needs reassurance. Give it some.

Do not tie the horse using the reins, use baling twine instead. If you anticipate needing to tie the horse take along a halter and lead rope as well. These are easy to carry. Just stick the halter back on the horse after the bridle and run the lead rope round the animal's neck.

When you want to tie up the horse loop the reins twice over the horse's head so that it can't accidentally step on them, then tie the lead rope to a loop in the baling twine and attach the twine to the fence. This way if the horse gets a fright the reins don't break and the fence or whatever you have tied the baling twine to won't be pulled over. Even verandahs can be pulled off houses by a good strong horse tied with strong reins.

Never tie the horse to an electric fence.

A horse housed in a stable is a different riding proposition to one that is run in a paddock. Contrary to popular belief that a horse from a stable is likely to be frisky and raring to go when you go out for a ride, a stabled horse is more than likely to be unfit for long rides. So take it easy and make sure the animal is up to it before you start.

After The Ride

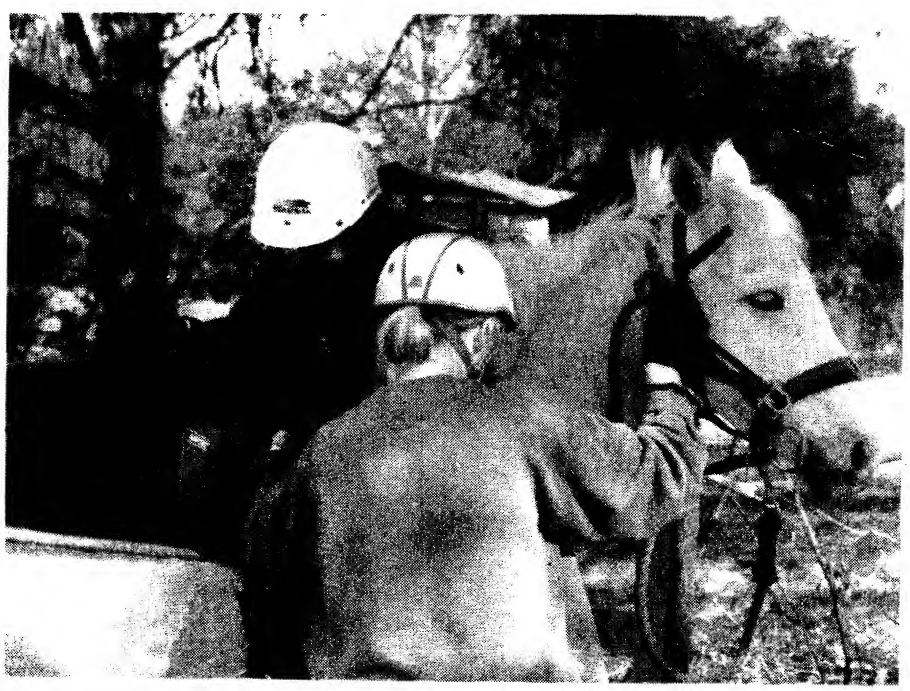
After the ride reward your horse with a handful of oats to keep the relationship sweet. A bucketful is not necessary. Untack, then groom and check the animal for cuts or sores around the face, girth and back. Check the bit for blood as well. Check its feet and legs for sores or cuts. And check your gear. It'll give you a chance to fix anything before your next ride.



Check the horse's feet before riding.

A good regime for both horse and yourself is to work or ride the horse five days of the week. On the sixth day you lunge it and on the seventh you rest. The rest is for you. The horse doesn't need it, but you'll be more likely to be able to keep it up if you have a day off.

See GR100 for an article by Ngaire Schaeffer on choosing a pony for your child.



You might need someone to hold the horse while you mount. The bridle is held on the right-hand side where the cheek strap buckle sits.



LIVING OUR DREAM

by Anne Mayne, Mudgee, NSW.
Photos by Brad Jackson.

The Fragrant Farm at Mudgee is a new business started by my husband, Phillip, and myself when he lost his job over two years ago. With little prospect of finding other work in a country town, we decided to utilise our 25 acre property and make it work for us.

For 10 years we had a weekender near Mudgee, which we loved, and eventually made the big move from Newport, Sydney, to live our dream. We lived there for a year but eventually decided it was too far out of town and there was not enough scope for development.

We moved to our current property about four years ago and it has suited us very well. There is a large five bedroom house with a family room, office, and verandah all around. There are expansive views of nearby vineyards, and the land is all useable with a good water supply. There is a variety of hodgepodge sheds – chook sheds and aviaries – which we have tarted up.

Unfortunately, the previous owners were not gardeners, and there were only four rose bushes, a mulberry tree, and two tiny garden beds when we bought the property. The fencing was not very secure and needed urgent repairs, and we spent a lot of time renovating and painting the house and sheds.

We have planted many trees and made numerous garden beds. As the summers are very hot and dry, we mulch around our trees to retain moisture. We also planted out all our trees using water crystals, and believe this helps, as we have only lost a few of the hundreds planted. Finally we put in an orchard with a variety of fruit trees.

The majority of garden beds are no-dig gardens which, in two years, are well established around the house, sheds and garden walls. Phillip set up the watering system with 14 taps in locations convenient to the house yard, nursery and Friendship Farm. He set the pump on a very large dam and installed an extensive sprinkler system which is wonderful because we can water three garden beds at once with a spray which is gentle and soaks in well without wasting water. We usually water everything about every three days, depending on the weather, turning the sprinklers on in the evenings. In the drought this year, the big dam went dry so we switched to another deeper one. It was a worrying time, thinking that all our work would be ruined through lack of water, but along came a downpour in January which filled all our dams and will keep us going until winter.

We have planted deciduous trees around the garden, radiata pines up the driveway and along the roadway, golden conifers and golden diosmas for colour throughout the year, and bottlebrushes for the birds. Flower beds consist of a mix of irises, roses, dahlias, azaleas, colourful daisies (wonderful in the garden), gazanias, shasta daisies and so on. I like to see contrasting colours in a



Children enjoy hands-on contact with the many friendly animals at Fragrant Farm.



On a fine day visitors enjoy lunch or Devonshire tea on the verandah.



Visitors browse in the herb nursery built by Phillip.

garden bed such as dusty miller and lamb's ears, and variegated foliage such as periwinkle and variegated scented geraniums. Shrubs consist of genista, japonica, snowball and May bushes and many others.

An unsightly but very useful corrugated iron fence (the Great Wall of China) was painted dark green and is a terrific windbreak. It took just one year for this to be covered in jasmine, wisteria and bougainvillea. The no-dig gardens have done very well. We used bridge sleepers to retain the soil, then spread newspaper, used layers of lucerne hay, copious amounts of chook manure (all poultry is kept on straw in sheds, which breaks down into the most wonderful compost), blood and bone, and some topsoil for planting. In summer, I place more straw around the plants to retain moisture. The soil is absolutely full of big, fat worms, the garden has grown probably too vigorously and I have had to cut back many bushes quite severely. I am impatient for all our trees to grow bigger, and have even grander plans for more gardens.

When our gardens are first planted out, they tend to be trampled by the peacocks and guinea fowl, but once the plants are established, the birds make little pathways in and around, and find some nice spots to make their nests. It is wonderful to see things grow in such a short space of time.

I love the changing seasons, and the delight of hundreds of daffodils, tulips, jonquils, and other bulbs in spring, and the changing leaves in autumn. There is even colour in the winter months, and, of course, the garden is a riot of colour in summer with all the roses, daisies, annuals, etc, in full bloom.

We started our business at Easter, 1993. We started a display herb garden which we thought would be of interest to visitors. Phillip then built a herb nursery shed, potting shed and a wonderful array of pens and sheds for a Friendship Farm.

We started as a bed and breakfast in the first year, with overnight accommodation for $60 per couple, and met some lovely people. Some families liked it so much they stayed the whole week. Then we started Devonshire teas on long weekends – plain or herb scones with a cup of tea or coffee for $3. It was not long before the buses started to arrive, and we soon realised they were the key to our success. By this time we had abandoned the bed and breakfast because we were too busy with lunches,

morning and afternoon teas.

Buses are wonderful because they are full of such lovely people, glad of an interesting day out with something new to see. They will also book beforehand which is really helpful when catering. There is no entry fee, so when they arrive, we quickly have people wandering around looking at the gardens, the herb garden and admiring the many birds roaming free or in aviaries.

Our herb nursery is for propagating lavenders and scented geraniums, the other herbs for sale are bought in from a wholesaler. Then there is the craft shop which used to house thousands of pigeons until we arrived. After much hard work, it now houses a wide variety of crafts, with the emphasis on fragrance and flowers. I write the 'Annie' series of craft books (over 100,000 copies sold) and many of the projects in them use lavender, potpourri, herbs and spices. It seemed logical to try and combine a herb nursery with a craft shop, and many of the items in my books are for sale in the store. I make many of these up while sitting around the table after the evening meal, and the variety includes ceramics, dried herbs, jams, pickles and chutneys, soaps, bath crystals, potpourri, lavender, perfumes, poetry, handmade cards and lots of other items. We find the small things most successful and aim to have as much stock for sale as possible at about $3. There is always something for kids, too, at lower prices.

The Friendship Farm is for visitors to get to know and appreciate the different kinds of animals. We have every kind of farm animal including horses, Shetland ponies, cattle, Angora goats, coloured sheep, geese, turkeys, ducks, pigs, guinea pigs and rabbits, many varieties of poultry and aviaries of parrots and other birds. All are very quiet which is important when we have preschool or kinder groups who especially love the chickens and bottle-fed lambs.

HELP FOR RURAL BUSINESS

If you have an idea for a new rural business enterprise, or want to expand your business, there are government departments which have facilitators to help you with advice and planning.

Look up the Department of Business and Employment in the white pages telephone directory under such headings as:

- **Office of Regional Development**
- **Rural Enterprise Victoria**
- **New Enterprise Incentive Scheme**
- **Small Business Development Corporation**

In the last year we have had 115 buses, but this has not happened without effort. We have promoted the farm as often as possible by contacting newspapers and distributing our brochures as widely as possible. In all, we have distributed over 20,000 brochures and try to leave them at every opportunity – at motels, wineries, tourist offices, etc. Often when a newspaper phones wanting advertising, we negotiate and try to get a small article in as well.

Everyone helps and has their regular jobs, even the children. Christopher, 12, mows the lawns, collects the wood and keeps the gardens tidy, while Susie feeds the animals and shows them to visitors. We all try to look after everyone when they are here, too. They can sign the visitors book, and we talk to as many as possible and make them welcome not just to our farm but to the whole area by pointing out places of interest, where to stay, etc.

We feel we have found our niche in life, but what we are doing could easily be done on any small farm in a tourist area. We are often surprised at the level of interest and pleased that our attempt at making a living seems to be successful. We have worked hard to make our property attractive to visitors and have promoted it heavily. Now all the hard work is paying off, as we are getting return visitors, responses to hundreds of letters to groups, and more tourists are becoming aware of what we have to offer. Best of all, we meet so many nice people.

We look forward to meeting any Grassrooters passing through Mudgee. We are 11km from town – 3km on the Gulgong Rd, then 8km on the Hill End Rd to Cara Rd on the left. Phone Anne and Phillip Mayne, 063-733-571.

The 'Annie' series of craft books are available from Anne Mayne, PO Box 561, Mudgee, 2850. They are:

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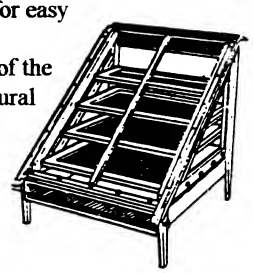
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BUSH HERBS: WOODY PERENNIALS

by Vivienne Manouge, Angaston, SA.

True to the rule of nature that an ecosystem will evolve remedies for its own ills, the arid land plants on my acreage specialise in counteracting the effects of heat, thirst, and the fatigue associated with the long distances grazing animals must sometimes cover in summer to get enough food from the sparse pasture, especially during droughts. The woody stemmed perennials, which are remarkably well adapted to fairly extreme conditions, are excellent examples of this.

One of my favourites is the erect Mallee bluebush or *Maireana pentatropis* (fig 1) which has tiny, dark green, cylindrical leaves, very succulent, crowded onto dark, untidy stems that grow to about a metre high under very good conditions. As a herb for human use, it rivals some traditional green vegetables in flavour, tasting somewhere between spinach and cabbage, with a sharp but not unpleasant aftertaste all its own. It's also rather salty. As stock food it's exceptionally nutritious and animals seek it out eagerly, and as a green vegetable it is just as nutritious for people. Medicinally, it relieves thirst and lowers the blood temperature and pressure, and replaces body salts lost through perspiration, thus relieving headaches and reducing heat-stress. Just a mouthful of the leaves stripped from the stems, chewed slowly and swallowed will restore cooling moisture to your mouth, throat and internal nasal surfaces, and, after a minute or two, brings refreshment to the whole body.

Figure 1



Erect Mallee Bluebush
(Maireana pentatropis)

Figure 2



Maireana pyramidata

Its stems have the flavour of tea, possibly a strongish, slightly over-brewed tea, but it has the cheering, refreshing, and zesty effect that tea has – just the thing on a hot day for a tired old ewe with a demanding lamb at foot!

Its near relation, common or hoary bluebush *(Maireana sedifolia)* has less palatable leaves, but its stems provide a more balanced tea flavour, which resembles to my taste, a good English breakfast tea. Two or three centimetres of stem one to two millimetres thick is enough to give you a lift; more than that is a little overpowering.

The leaves alone relieve tension in the gut that impairs digestion by disturbing the peristaltic rhythms. Since these tensions often produce poor posture and deportment (gait) in both animals and humans, bluebush leaves may correct minor faults of this kind just by its action in the gut. I've used it to help chronic indigestion. It isn't really palatable enough for culinary use.

Maireana pyramidata (fig 2) has large, translucent, jade coloured leaves, sometimes touched with soft pink, making it one of the prettiest of bluebushes. The leaves are very succulent, and besides being thirst-quenching, they taste like a rather salty vegetable soup. It also reduces stress, and, like members of the cabbage family and true spinach, it can also give temporary relief from acute pain, such as toothache, or the pain of abscesses or boils. Chew a few leaves often, but treat the cause as well.

Old man saltbush, with its shield-shaped grey leaves and shrubby growth to two metres is strongly saline, and can be harshly acrid on the throat without plenty of water to wash it down, except in the case of very young growth after rain. However, the dose is tiny – one small leaf is amazing for dispelling (and preventing) fatigue. I've walked miles, tirelessly, in hot weather, without other refreshment or sustenance, on a single young leaf. Animals that browse it require astonishingly little food, and can go a long time on a little water, suffer few health problems, and throw beautiful progeny. Saltbush also imparts a delicate flavour to lamb and goat meat which is much appreciated by connoisseurs.

Exocarpos aphyllus (fig 3) is locally lumped in with saltbushes too, but though its leaves are saline, stiff cherry, or currant bush are two of its more appropriate common names. Its leaves are the best of the thirst relievers and it relieves headache, heat-stress and fatigue. It is palatable enough, with a lettuce-like flavour, for use in salads and stir-fries, and is one of the few native plants that can be adapted to cultivation for

Figure 3



Stiff Cherry, or currant bush
(Exocarpos aphyllus)

this purpose. The extra water makes it a very productive vegetable, but that's only half the story.

True to its names, it bears prolific crops of small yellow, orange or red translucent berries, which superficially resemble miniature tomatoes. They are about five millimetres across and slightly flattened. Their large seeds taste oily when chewed, so you can assume they contain plenty of vitamin E, but the greatest value is in the flesh of the berries, which has a sweet, pleasant flavour, and the refreshing, cleansing and slightly euphoric effect that fresh fruit usually has. I've used it successfully to combat bacterial infections in minor wounds (recently repierced ears), eating a small handful of berries daily and also using the mashed up pulp as an ointment. It's a very handy plant to have around. Chooks love it.

Narrow-leaf hopbush or *Dodonaea angustissima* (fig 4), has a dark green, slightly serrated edged, slightly sticky leaf and grows to a metre or more. Its

Figure 4



Narrow-leaf Hopbush
(Dodonaea angustissima)

flowers superficially resemble hop flowers. The shiny new growth is sharp to the taste but not unpleasant. The dose is a couple of young leaves. It's an athlete's herb. It tones muscles, nerves and sinews, and enhances alertness and concentration. It counteracts the lethargy that sometimes affects arid land dwellers, both human and animal. I've used it to help me study. It's also astringent, drawing, and antiseptic, counteracts flaccidity (of muscle and mind) helps weight loss, and the restoration of physical fitness after illness. It relieves the tendency for fluids to accumulate around wounds, bruises and damaged tissues, and reduces puffiness around the eyes during allergic reactions, sleeplessness or after crying.

All the plants I've described here are indigenous plants, which require only 40mm (10 inches) of winter rain each year. Each of them deserves a lot more serious attention from herbalists, and some from nutritionists, than they've had so far.

WATER WISE

Toughen up your garden by only giving it a good soak twice a week, watering the roots – not the leaves.

Just a single tap left dripping at a drop per second wastes twenty-five litres of water a day.

Buy water-efficient white goods and only use dishwashers and washing machines when they have a full load.



Peter Lees
Architect & Builder

RMB 4322 Daylesford, Victoria 3461. Phone: (053) 48 7650

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DIY MUD BRICK ANNEXE

by Rita Wolfenden, Albany, WA.

On a very small budget, a mud brick dream came true, when, twelve years after the birth of our (then) younger child we again had a baby in our lives. We were living on a beautiful farm in a fibro three bedroom cottage. Neither teenager wanted to share their space with a small tot, nor did the brother and sister want to share a room. My husband refused to give up the farm office. The only solution I could see was to build a bunkhouse near the orchard for the fourteen year old.

A small room made with mud bricks would be ideal. We had most of the materials needed on the farm, so the cost would be within our small budget. A couple new to the district had recently built their home with mud bricks. I loved the look and the feel of their place, so when Rob said he would build the hut if I made the bricks, I welcomed the challenge. I pictured the finished hut being approximately 4.2 x 3 metres with a gambrel roof and a verandah with a balcony over the top.

First a truck load of kaoline clay from a dam site, then a truck load of yellow sand and an old galvanised tank full of water was dumped at the work site. I was now ready to mould my hundred bricks a day. After driving the two school kids into the school 27 kilometres away, the baby and I dashed home to start moulding.

That first day I learnt clay needs a lot of time to wet thoroughly. The first six bricks I made were pure clay and looked beautiful when left to dry. The next day they cracked in half.

For weeks I tried to get some bricks to dry without cracking and was about to give up when the mould owner suggested they might cure if placed under plastic. I tried this as a last resort as I had none of the traditional stabilisers used to stop handmade bricks cracking – we didn't cut hay and we ran sheep instead of cattle. (Cattle manure is a good stabiliser I've been told.) Black plastic from an old wheat bin liner was used to cover the bricks and it worked. I now had six lovely creamy white bricks. Not quite a hundred a day but I was happy if I could make eight or ten per session.

My routine was to mould eight-ten bricks, cover them, then lift the three-day cured bricks and stand them on their sides, then re-cover them. The week old bricks would then be exposed to the sun to dry out completely. Dry bricks had to be carted to a shed near the building site and stacked out of the weather. To make the bricks I used old cement wash troughs in which I placed a mix of one shovel of clay to three shovels of yellow sand and mixed in as much water as would fit. Then I would jump in and puddle it all with my mud boots. I would then top up the water and leave covered for about three days before starting the whole moulding and curing routine again. When dry, the bricks weighed about 28 kilograms. Finally after eighteen months I had just over 400 bricks, enough to build the hut.

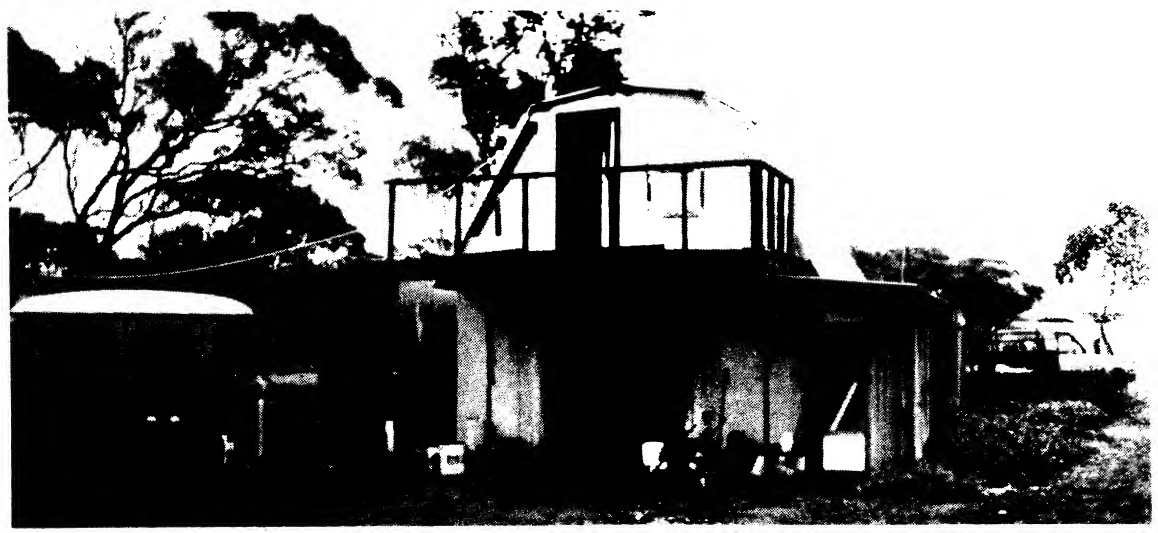
We started with concrete footings then poured a cement slab floor. Although Rob had no experience in laying bricks before, he enjoyed laying these large (46 x 23 x 16 cm) bricks.

I made the same slurry that the bricks were made of, for Rob to use to mortar the bricks together. He threaded old barbed wire along and up the levels to help bind the walls.

We used wooden sleepers for door and window lintels, the wood being the same width as the bricks. A collar of sleepers on top of the walls gave us the base for the second floor and roof beams. We bought chipboard for the floor of this room, it also made a nice ceiling for the ground floor room. We sealed both sides with linseed oil.

The balcony could only be reached from the inside of the top room. To enter his private haven our son climbed a ladder through a hole in the floor. He likened it to a solid sailing ship as the timbers creaked and groaned with the temperature changes. He felt like an eagle on his balcony as he surveyed the acres round him.

We enjoyed the building experience. The cost of cement, sleepers, chipboard, nails, bolts and iron for the roof as well as two second-hand windows was about $350. This was in 1983. Two beautiful jarrah doors were a gift from a brother, so can't be counted in the outlay. The bonus was a guest room or accommodation for farm workers on the ground floor. This room was well lit and well insulated, from the outside it looked lovely and blended into the orchard scene.



Our mud brick annexe with gambrel roof, verandah and balcony as initially envisaged.

ROUND THE MARKET PLACE

We hope you enjoy this feature introducing new products relevant to readers' lifestyles and interests.

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Imagine a mulch that is not only an effective weed control but has been developed in response to the need to utilise Australia's wool stock pile. 'Ezi Wool' mulch is made from pure new, naturally coloured wool. It comes in a roll and looks similar to felt underlay. By retaining up to 40% of water it can help to insulate the soil surface and when it eventually decomposes there is a significant release of nitrogen, sulphur, sodium, potassium and magnesium.
Retailing at $4.90 a square metre, or $2.90 or less for primary producers (depending on the quantity ordered), it is still more expensive than conventional mulches, but has potential. All enquiries to:

Victorian Producers Co-operative, Millers Rd, BROOKLYN 3025.
Ph: 03-314-4711.
or the Geelong Woolley Batt Co, PO Box 518, BELMONT 3216.
Ph: 052-484-186. Fax: 052-481-058.

SOFTWARE FOR GARDENERS

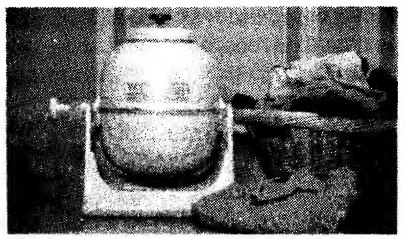
The *Growlt* software programmes have data on thousands of trees, shrubs, bulbs, ground covers and other types of plants. Entries include details on plant attributes, requirements and maintenance with VGA graphics to illustrate each topic. Search is by botanical or common name, by plant group and by other criteria. Versions available are *Growlt Mk II for Dos, Growlt Gold for Dos* and *Growlt Gold for Windows*. The Windows version includes a diary for maintaining plant purchase details and a 'to-do' list, while the Dos version comes with the database engine, allowing the addition or editing of any of the records in any of the databases. Programmed by Brian Rondel of Innovative Thinking, the *Growlt* programmes are distributed by:

Ark Angles, PO Box 190, HAZELBROOK 2779.
Ph: 047-588-100. Fax: 047-588-638.

WONDERWASH

Wonderwash is a hand-operated, portable, pressure washing machine capable of washing 2.2 kg of clothing (10 shirts or 2 double sheets) per load. The results are a wash as clean as with a conventional washing machine, but the Wonderwash uses 80 percent less water and soap, takes only six minutes per load and is compact, lightweight and requires no electricity. Wonderwash sells for $99 and is one of the many environmentally responsible products available from:

The Cleanhouse Effect, 167 Botany Rd,
WATERLOO 2017. Ph: 02-698-2033.
Or, Future Trade International, ph: 03-826-6529.



WEATHER PREDICTION CHART

Sudden weather changes have far-reaching implications for offshore boat owners. How do boat owners anticipate a sudden change? Mark Bedson has used his 29 years' experience as a weather observer with the Bureau of Meteorology to develop a compact publication called *Sky Charts* which is made up of 16 colour photographs depicting common cloud formations and text outlining the weather they bring. The laminated chart is available for $12 from:

Cloud World, PO Box 819, CEDUNA 5690.
Ph: 086-252-195 AH.

MONITOR YOUR MAINS

The VF-100 Mains Monitor is a small hand-held instrument designed to allow alternative energy users to monitor the quality of their locally generated 240 volt AC power. The device is intended to prevent damage to sensitive equipment by verifying that generators are running at the correct speed and that battery inverters are adjusted correctly. The unit measures the true RMS voltage and cycles per second and displays the results on an LED display. Priced at $170 (before tax) available from:

Callignee Electronics, PO Box 483, TRARALGON 3844.
Ph: 051-955-503.

ENVIRONMENTALLY FRIENDLY WEED CONTROL

Effective weed control in your orchard, vineyard or market garden without the use of herbicides is possible with the range of Clemens Radius cultivating equipment. Radius is very efficient in loosening the soil while undercutting the weeds, without damage to trees or plants. The Radius can be adapted to use with other equipment, can be front, rear or mid mounted, is adjustable to suit narrow or wide rows or whatever is the best situation for your farm. Made in Germany, the range is available from:

The Clean Green Machine Co, PO Box 82, MANGONUI, NEW ZEALAND. Ph/fax: 09-406-1256 (0011-649-406-1256 from Australia).

ECOTOURS

If close encounters with majestic stands of mountain ash, tranquil fernlined gullies and rare species of birds and mammals is your idea of a great holiday, Yarra Valley Ecotours is able to provide you with a tour to satisfy these yearnings. Accommodation is provided at Mt Victoria Guest House in Warburton, Victoria, with daytime tours in vehicles guided by local naturalists. Guided walks enable an understanding of the habitat of fauna such as lyrebirds, Leadbeaters possum and sugar gliders; history of the Aboriginal Warundjeri people; the heritage of gold and timber milling and the wineries and produce of the Yarra Valley. For more information contact:

Yarra Valley Ecotours, PO Box 210,
YARRA JUNCTION 3797.
Ph: 059-671-668.



ATMOSPHERIC BUSH MUSIC

Reverie of the Top End is an album of music produced by Rob Parker in conjunction with Kakadu studios. It was inspired by living in the vast expanse of bushland that surrounds Rob's family home in the north of Australia, and by the way the living things within that bushland reacted to his music. Through trial and error, he discovered the style of music that the birds enjoyed and then combined the acoustic guitar and flute with environmental sounds. The finished album brings to life the energy, diversity and beauty of our native land. *Reverie in the Top End* is available on cassette for $22 from:

Rob Parker, PO Box 1183, PALMERSTONE 0831.
Ph: 018-890-338.

Car Maintenance: Brake Fluid

by Arthur Frith, Taree, NSW.

You may have experienced a situation like this: It is a fine day on the weekend and you have had a lousy week at work, so you decide to take the family on a picnic at a nice, quiet, remote place where the children can let loose and you can relax to the sounds of nature and sip a good drop of Coke (or whatever).

The car is loaded up with the picnic basket, the children, cricket bat and ball, rugs, pillows, Esky and the dog. You're on the way, through the traffic, stop, start – stop, start. Half an hour later and having travelled fifteen kilometres, you turn the corner and are heading towards the mountains.

Travelling up the steep winding mountain, you get to the top, then you stop for a break at the roadhouse cafe. After being there for ten minutes, you walk around the car, look at the wheels and tyres, don't see any problem, all in and away you go, slowly down the mountain.

Approaching the first hairpin bend, you apply the brakes – no worries; around the bend, along further you approach an 'S' bend, you apply the brakes, descending along a straight stretch of road using the brakes to maintain a safe speed, a slight incline ahead, the foot goes on the accelerator to tackle the hill and then over the rise you go. Descending again, the foot goes on the brake pedal, this time the car does not appear to be slowing down, the brake pedal is creeping to the floor, there is a burning smell around the car and the car won't stop. What happens next is what action you take in trying to bring the car to a stop.

REASONS FOR BRAKE FAILURE

Why did the car's brakes behave this way, you ask?

Let's consider these possibilities:

- Maybe the brake fluid was contaminated, thus reducing its boiling point considerably and creating air bubbles in the system.
- The vehicle, having a full load on it, required more braking force to stop the car, thus increasing the temperature of friction in the brakes.
- The frequent use of applying the brakes down the mountain raised the temperature of the brake fluid.
- The brake lining (or pad) material was worn sufficiently enough to cause an increase in the temperature between the lining and drum (or pad and disc).

What Does This Mean?

Basically, if the brake fluid has not been renewed regularly (every year) and the brake shoes or pads are worn to less than half their original thickness, you can expect brake failure to occur sometime – usually when you want trouble-free motoring.

The problem with brake fluid is that it can absorb moisture from the atmosphere, thus reducing the vapour lock point of the brake fluid. When this occurs, instead of the brake fluid withstanding high friction temperatures, which are developed during braking, the boiling point of the brake fluid occurs at lower temperatures and thus creates a vapour in the brake lines giving a 'spongy' brake pedal and reduced brake pedal pressure throughout the system, causing brake failure.

A brake fluid that is contaminated with moisture will cause corrosion to the inside of the master cylinder and wheel cylinders, reducing the life of these components and also decreasing the brake fluid performance.

The continual movement of the pistons and rubbers inside the master cylinder and wheel cylinders when the brakes are applied and released generates wear on these components, thus resulting in the minute worn particles being suspended in the brake fluid. A gradual build-up of these particles will also contaminate the brake fluid and reduce the boiling point of the fluid. The worn particles can also become lodged in the small holes in the master cylinder, causing brake failure.

The thickness of the linings or pads also has an effect on the temperature of the brake fluid if these parts are worn below their original thickness.

When the lining material is new it performs as an insulator against the transfer of heat, preventing the build-up of heat between the drum or disc and the shoe or pad material (refer fig 1). As the materials wear and become thinner, heat transfer onto the other parts of the braking system is more readily accepted. Instead of the heat being carried through the drum (or disc) and cooled in the atmosphere, the heat finds its path travelling through the brake shoe and into the wheel cylinders and brake lines, which results in heating up of the brake fluid. If enough heat is generated it will boil the fluid, causing brake failure (refer fig 2).

MAINTENANCE PROCEDURES

Bleeding The Brake Fluid

The correct procedure for bleeding the brakes varies between makes and models, therefore it is important to refer to the manufacturer's workshop manual for this information.

However let's look at one procedure. Firstly, 'bleeding the brakes' basically means removing the air out of the brake lines, wheel cylinders and master cylinder. To bleed the brakes, certain steps are carried out.

1. Raise the vehicle to a suitable height

Figure 1: Showing Heat Path Brake Lining New

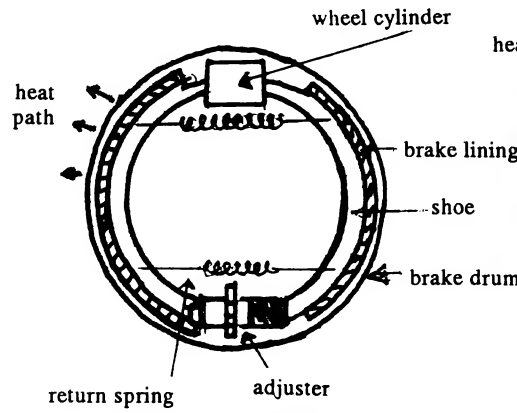


Figure 2: Showing Heat Path Brake Lining Worn

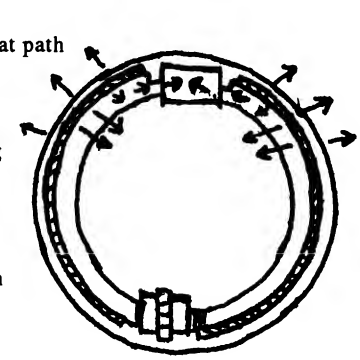
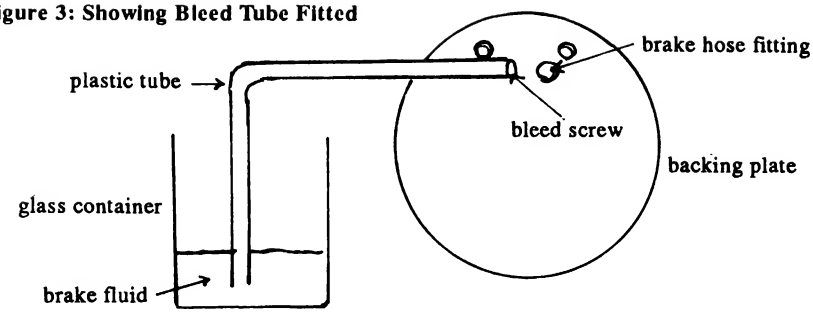


Figure 3: Showing Bleed Tube Fitted

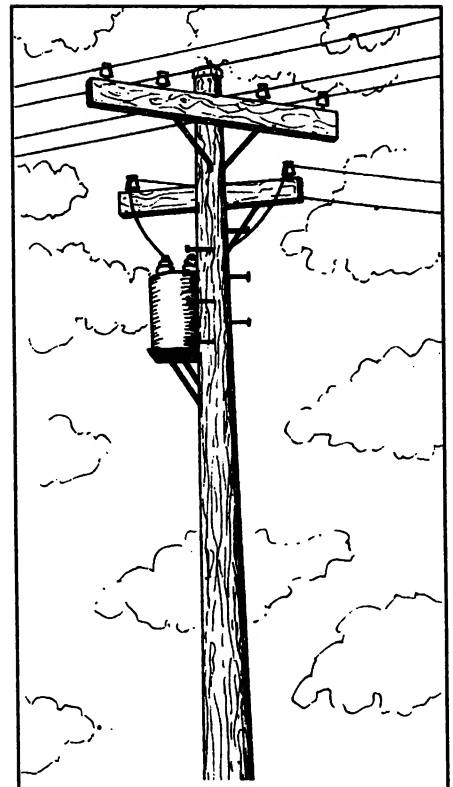


so that you are able to gain access underneath and near the inside of all the wheels.
2. Clean the bleeding screws (nipples) with a wire brush and fit a clear plastic tube over the end of the nipple, place the other end of the tube into a clear glass container to collect the used brake fluid (fig 3).
3. With assistance, have the brake pedal pushed down and open the bleed screw to allow fluid to come out and then when the brake pedal is on the floor, hold the pedal down and close the bleed screw.
4. Repeat steps 2, 3 and 4 on the other wheels that have bleed screws fitted.

Changing The Brake Fluid

1. Remove the old brake fluid from the reservoir by using a siphon hose.
2. Remove the remainder of the brake fluid in the reservoir with a clean rag that can be put in the rubbish bin after use.
3. Fill the reservoir with new brake fluid that is recommended for the vehicle. Never mix different types of brake fluid.
4. With new brake fluid in the master cylinder reservoir carry out steps 2, 3 and 4 in 'bleeding the brake fluid'.
5. Make sure that no brake fluid is spilt on the paint of the vehicle as it may eat into the paint. Discard the used brake fluid. Under no circumstances use old brake fluid (except as a paint stripper).
6. If some brake fluid is spilt, wash the area affected with soap and water immediately.

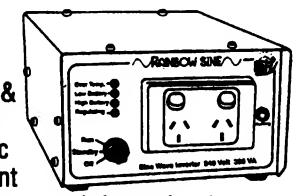
Next time I will discuss the important but often overlooked topic of vehicle budgeting.



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PENPALS

Hi, my name is Natasha and I am a twenty-two year old housewife with three kids under five. I love alternative living in every way and would love to swap advice, stories and lots of letters. All letters answered.

Natasha Clinch, PO Box 9, MECKERING 6405.

G'day, my name is Jennifer. I am a fifteen year old female. My hobbies include stamp and sticker collecting, making friends, listening to music, bushwalking, camping and horse riding. My ambition in life is to join the Air Force. I would like a male penfriend, 15-17 years old, from Western Australia or Queensland.

Jennifer B, PO Box 242, EUROA 3666.

Dear GR. I am looking for a penpal around my age, 6 years old. I would like a girl penpal. My hobbies are reading, writing and playing with my toys. I will answer all letters.

Rachel Cooper, C/- PO Box 242, EUROA 3666.

Hi! My name is Rhea pronounced Rea and I am a twelve year old girl. I live on 40 acres with some farm animals. I like swimming, bike riding and drawing. I would like a penpal any age or sex.

Rhea Morgan, C/- PO Box 242, EUROA 3666.

Hi, I'm Stuart, I'm 26. I like all music, books, movies and gardening. I wish to hear from people from anywhere.

S Mitchell, Lot 12 Bowmans Rd, BLACKBUTT 4306.

Hello, my name is Theresa. I am nearly seven years old and I would like to write to a girl around my age. I love to paint, draw, write, dance, swing and blow bubbles. I do home schooling with my brother and sisters, which I think is great!

Theresa, C/- PO Box 242, EUROA 3666.

My name is Rachel and I would like a penpal who will answer all my letters. I am 9¾. I am home schooled, and like animals, writing letters, playing, drawing, swimming and music. I am learning the flute and I do ballet.

Rachel Gaffney-Dawson, C/- PO Box 242, EUROA 3666.

Hi, my name is Matthew McDonald and I am 13 years old. My hobbies include stamp collecting and letter writing. I would like penpals of any age, male or female.

Matthew McDonald, C/- PO Box 242, EUROA 3666.

Hi, my name is Emily. I am eleven. I like art, drawing, collecting stickers & 'Littlest Petshop' animals. I live on a farm and I really love animals such as guinea pigs, rabbits and mice. I would enjoy writing to any boy or girl with similar interests.

Emily, C/- PO Box 242, EUROA 3666.

My name is Kailas. I enjoy reading, writing, gardening, soccer, jokes and cooking. I'm a nine year old male. I would like a mature female or male penfriend.

Kailas, C/- PO Box 242, EUROA 3666.

My name is Liesl and I am 12¾. I have been home schooled all of primary school and have just started going to a Steiner school this year. I have a white horse and a black cat and I like music, swimming, reading, animals and I do modern dance.

Liesl Gaffney-Dawson, C/- PO Box 242, EUROA 3666.

Hi, my name is Erin. I am nine years old. I like animals, bike riding, cooking and listening to music. I would like a penpal 8-10 years old. I will answer all letters.

Erin, C/- PO Box 242, EUROA 3666.

Hi, my name is Jennifer. I'm 13 years old and love to write letters, do art and read. I'm looking for a penpal around my age with similar interests. I'll write to anyone who writes to me.

Jennifer, C/- PO Box 242, EUROA 3666.

Down home on the farm. . .

by Megg Miller



It's the Chinese Year of the Pig, the glossy weeklies claim, a period when we can expect to enjoy the benefits associated with this hedonistic creature. Pig? With all the snakes I've encounted these last few months I think they have their species wrong.

A combination of high temperatures, dry conditions and appetising tucker has probably been responsible for the unusually high percentage of snakes. With virtually one close encounter a week we've got to know each other quite well and there are several I can recognise as regulars. It's lucky I'm fascinated by these silent hunters – I'd be looney otherwise – and have worked out how to live alongside them. The attraction here is undoubtedly the rodent population that scavenge under the feed containers in the poultry sheds. Plastic wash-up bowls hold the grain and sit snugly into old tyres so they won't up-end. The inside of the tyre is an ideal cubby for a snake, and if that displeases, the cut-off 44s used for nests provide a safe haven.

It doesn't pay to dawdle with the night-time feed, or I meet up with the mice patrol who react sourly to such interruptions. Jobs like treating scaly leg, which involved returning to the sheds after dark, have had to be postponed, but that's a small price to pay. 'Why don't you wear gumboots/sing loudly/sool the dog into the sheds?' my many advisors have suggested. The dog has more sense than to enter semi-dark sheds, the gumboots blistered me unbelievably, and as for the singing, it's a bit hard to stretch the repertoire further than the first six sheds, and I visit at least thirty... More people are bitten stalking snakes than casually passing them by, so I figure if the mutual respect is maintained and I minimise unnecessary risks, we'll successfully survive till hibernation.

A family of turkeys ensconced in the garden area won't be so lucky – I'm planning diabolical endings for them. For several years the same turkey hen has been returning to the garden to lay her eggs. At first I used to shoo her out, but the last two seasons I've weakened and let her nest. It's wonderful when the little poults are young, but in no time they're a third grown with clumsy feet, ravenous appetites and loose bowels. And they wreak havoc.

This year, in a moment of sentimentality, I gave the old hen a couple of extra poults, lost little souls mismothered buy a fierce white turkey. I slipped them under the old hen at night, knowing she wouldn't mind and that need be the end of my concern for them. Next morning there was an outraged white turkey at the gate having recognised the poults voices and tracked them down. So in the end we had two turkey hens and their little ones trampling the plants. I tried relocating them into a 1.8 metres high yard but they were back for breakfast. I shoo them out the gate each day, but they're back in no time looking for me. We'll never keep them out, they'll just return time and time again. Last year we managed to get the old hen to take her family for a stroll, but they returned every day at 4.30 for the evening. It was terribly hard to wean them of the habit, and when I penned them up they presented such a pathetic tableau to visitors I had to release them. This year I'll sell the lot, and they can weave their entrancing web and cause havoc elsewhere.



A good guard dog Maria might be, but she can't train them to stay out of the garden or off the cars.

Despite the poor reputation they have turkeys are far from stupid. They're curious, slightly scatterbrained and deliberately mischievous. And they have an excellent memory. Last year some young ones persisted in roosting on the warm bonnets of the office staff's cars.

Each morning I would relocate them to another paddock and in no time they would have returned. Sometimes they even beat me back. In the end I had no choice but to sell them. This evening a phone call from a friend reminded me of that dilemma. His birds delight in roosting on the house roof, fouling the drain pipe and making a hell of a din. He's also worried one may slip and fall through the sky light!

Rex has a farm on French Island, and divides his time between this locale and work on the mainland. When he's there he can control the turkeys and keep them away, but they recrudesce in his absence. As the breeding stock originated from my birds, I was horrified, but assured him the older ones shouldn't fly due to weight and once the flighty young were sold the problem would resolve. 'But even the old gobbler is flying up,' he said, somewhat resigned. The poor fellow has to scramble over the roof each week to clear out the spouting. The irritation of a few garden turkeys is insignificant when you contemplate the noise and mess of a dozen turkeys scrambling over your roof. And I just hope the old gobbler is surefooted – a 16 kilogram turkey may not be a welcome house guest.

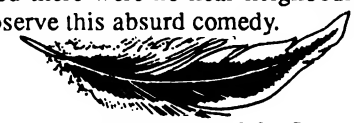
Although the trampled flowers can be attributed to the poultry I can't assign the same culpability for the spate of dying shrubs and trees. The long hot summer has exacted its toll, with two and sometimes three year old trees succumbing. Surprisingly, even the tagasaste are struggling, with several having turned up their toes. No doubt our scenario is shared by many Grassrooters. You enthusiastically plant out in the good years, then the crunch comes when it is dry. With prolonged high temperatures supplementary watering becomes necessary. Despite mulching, plants begin to rely on surface moisture and if a watering is missed, some become stressed. In a day or so they're ominously brown. You can bucket water all you like, what they really need is a good soaking downpour.

It seems we gardeners are going to have to make some big changes in the future, including acknowledging our cottage garden favourites are unsuited to the dry Australian climate. When Sunshine was an exchange student in California a couple of years ago and we visited her, both David and I were impressed by the acceptance from locals of the climatic restraints on public and private gardens. We were assured this consciousness was relatively new, and forced on residents by several years of drought. Gardens were appropriately planted for water conservation. Trailing around with buckets full of water, night after night might pump up the pecs but it's not a sustainable practice. Our future plantings will be low maintenance and drought resistant.

The situation is different on the irrigation property where our cattle are. The water right belonging to the farm allows irrigation during the summer months, and although this ties David down, it has been invaluable this season. A couple of days of near constant surveillance every week is not too high a price when you consider that without water the paddocks would be bare.

Country living is totally dependent on the seasons. We're looking anxiously for autumn rain. Not only do we need the water tanks topped up but it's required to kick-off the winter pasture and grain crops. On a practical level, if it bypasses our area we may need to purchase in feed for the cattle and grain prices next harvest will be high. This means chook food will be more expensive. There are a wealth of other interwoven networks too and if one thread is severed, the domino effect is triggered off.

No one is complaining about the end of summer – the shorter evenings are welcomed and the hint of dew carries the promise of cool mornings and dampening rain. What joy to smell an open fire and tuck into thick hearty soup. There will be relief too that Joe Blake has gone into hibernation. Last night I got caught on the office phone at dusk, and came out into the inky night without a torch. It was in a nearby shed. All I had at my disposal was a bucket with a few handfuls of dog biscuits, so I was forced to shuffle along blindly beating the ground with this noisy utensil. I found the shed and torch safely. Thank God there were no near neighbours to observe this absurd comedy.





Pumpkins will keep a long time if they are picked at the right time. They should stay on the vine as long as possible, but should not be damaged by frost. Cover them at night with a hessian bag or a handful of straw. When you harvest them, leave up to half a metre of vine still attached, and beware not to carry them by the stalk in case it snaps off. Leave them in a sunny place every day and cover carefully each night to set the skin hard. After a week, the pumpkins can be stored under cover for use during the winter.

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CRYPTIC GRASSWORD
Continued from page 42.

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Recent Releases

On this page we present information about newly published books that we feel will interest readers, with details of prices and publishers. We no longer distribute books for other publishers so if you're interested in buying any of the books described here, please order them through your nearest bookstore.

★ FEATURE TITLE ★

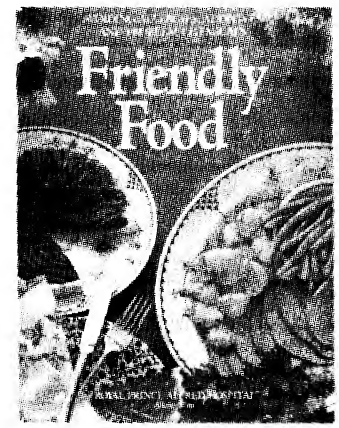
FRIENDLY FOOD – Royal Prince Alfred Hospital Allergy Unit.

Many people, suspecting a food intolerance, are placed on, or choose, an elimination diet but are overwhelmed by the difficulties involved in maintaining a diet free of additives and chemicals. They ask, 'How can I prepare meals (particularly for my children) that adhere to the principles, yet are interesting and appetising?'

The answer lies in *Friendly Food*. It has been written by Drs Swain, Soutter and Loblay of the Allergy Unit, Royal Prince Alfred Hospital, the leading experts in food allergies. It gives easy-to-follow information on natural food chemicals and the foods in which they can be found, a shopping list of 'safe' foods and brand names and comprehensive recipe sections packed full of imaginative, exciting meals for all lifestyles and ages. Many of the recipes have variations which change the chemical make-up of the meal. The symbols used to show this are clear and indicate recipes suitable for those wanting to avoid eggs, milk, wheat, salicylates or amines.

With its quality presentation and colour photographs, *Friendly Food* is a worthy addition to your cookbook collection, as the recipes are suited not only to those with food intolerance, but also those people who are health conscious.

P/b, 112 pp, Murdoch Books, RRP $8.95.



BEAUTIFUL GARDENS WITH LESS WATER – John Patrick.

Once again an extended drought period across many areas of Australia is forcing people to re-evaluate their gardening ideas. This book is full of good ideas, practical suggestions and beautiful photographs to help people both maintain their existing gardens as much as possible, and incorporate more drought-tolerant plants and design ideas to reduce the impact of future droughts. Very useful.

P/b, 64 pp, Lothian Books, RRP $12.95.

WHIRLIGIGS & WEATHERVANES – David Schoonmaker & Bruce Woods.

A delightful book for handypersons who enjoy working with wood. There are designs and instructions provided for making more than twenty wonderful wind gadgets. They look like they would be fun to make, and most acceptable as novel gift or craft stall items. The book is well illustrated and very clearly set out.

P/b, 128 pp, Capricorn Link, RRP $24.95.

PRESSED FLOWER ART – Brigitte Eckardt.

This book describes how to use pressed flowers to create stunning floral pictures. Techniques of collecting and assembling are fully explained and advice given on design ideas, backing and framing. Well illustrated and formatted, with easy-to-follow projects, this book could get many people started on a fascinating and cheap hobby.

H/b, 50 pp, Milner Publishing, RRP $24.95.

VICTORIAN EMBROIDERY – Robbyn Macdonald.

The author has designed over forty original pieces for embroiderers to make, and provides detailed instructions, a comprehensive stitch glossary and a source guide for materials. Beginners can learn from the book, advanced embroiderers can use it as inspiration for their own designs. Beautifully illustrated and with colour photos.

H/b, 103 pp, Sally Milner Publishing, RRP $39.95.

FOLK ART CARDS – Joyce Spencer.

The art of painting cards using folk and decorative techniques is described fully in this book by folk artist Joyce Spencer. The novice can follow the techniques step by step, the more experienced painter can use the designs as inspiration to create their own. Includes equipment lists, techniques, patterns and colour photos.

P/b, 80 pp, Sally Milner Publishing, RRP $17.95.

OWNING A PART-TIME FARM – Eric Smith.

This book is relevant for people who are considering moving to the country or for those who wish to live and work in the city and spend weekends and holidays on the farm. Author, Eric Smith, brings his accounting and economic experience to bear in his advice on how to finance the farm, set up and maintain accounting systems and taxation. His advice on how to deal with teenagers, snakes, neighbours and dogs makes entertaining reading, even if you don't agree with it.

P/b, 289 pp, Agmedia, distributed by Penguin Books, RRP $34.95.

SIMPLY DRIED: A GUIDE TO HOME FOOD DRYING – from Nara Products.

This useful booklet from the Nara food dehydrator people contains a wealth of invaluable advice on drying all sorts of food, as well as recipes and hints. Very practical and clearly presented.

P/b, 75 pp, Nara Products, PO Box 512, Maleny 4552. RRP $8.50.

THE AUSTRALIAN BOOK OF AROMATHERAPY – Jeanette Douglas.

A beautifully presented A-Z guide to origins, properties, effects, methods of use, and precautionary notes for over 40 essential oils. Contains hints and recipes and a large section on specific herbs for specific purposes.

H/b, 128 pp, Hale & Iremonger, RRP $24.95.

SIMPLE PEST & DISEASE CONTROL – Colin Campbell.

A well-illustrated guide to commonsense (mainly organic) control of garden insect pests and diseases. Lists pests alphabetically, describes each one and the effects it has, and gives both chemical and nonchemical control measures.

P/b, 62 pp, Lothian Books, RRP $12.95.

TROPICAL WARM CLIMATE GARDENING – John Mason.

Warm climate gardeners, whether they be in hot and dry areas, hot wet areas, inland, coastal or mountainous, have their own special requirements. This book shows how to plan, create and maintain gardens especially for the warmer areas of Australia. It lists and describes a host of plants suitable for various applications. Some stunning colour photographs make it an attractive as well as a useful reference.

P/b, 96 pp, Bay Books, RRP $12.95.

THE HOUSE BOOK OF BREAD – Tamara Milstein.

The claim of this book is that anyone can produce the perfect loaf. It contains step-by-step basic instructions, many hints, recipes for a wide variety of breads, rolls, buns, croissants, with suggested variations on most of the basic recipes. Particularly appealing for busy cooks is the section on quick breads. A section of savoury and sweet spreads is a useful addition.

P/b, 134 pp, Allen & Unwin, RRP $19.95.

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HOW TO ADVERTISE

Use the form provided below, or a separate sheet of paper, to print your advertisement clearly, not in block capitals, including correct punctuation. Remember to include an address or phone number in your advertisement. Count the number of words and multiply by 40 cents per word (phone number counted as one word) to work out the total cost of your advertisement. Send your advertisement and payment to Grassifieds, PO Box 242, Euroa 3666, before the deadline and we'll include your advertisement in the next issue of Grass Roots. Deadline for GR 109 is 28th April, 1995.

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Cost for advertisements is 40c per word.

PROPERTY FOR SALE

NEW SOUTH WALES

ROCKY HALL, FAR SOUTH COAST, 177 ac, nth facing, backing onto Coolangubra forest. Phone/elec avail, mail service, school bus to Wyndham/Bega. Urgent sale, $60,000 ONO. Ph: 064-942-294.

WALCHA DISTRICT FARMLET, 3 b/r timber house on 47 ac, all amenities. Permanent water, dam, 4 paddocks, good fencing, 40'x30' lock-up shed, smaller sheds, yards, approx 400 pine trees, gas and combustion stoves, dual water heating system. School bus, RMB, hwy frontage, nearby nat pk, 2 hrs to Port Macquarie. $149,000. Ph: 067-778-118.

EMMAVILLE, NORTH GLEN INNES, 170 ac peaceful, secluded, flat to undulating, on Summerville Estate Gulf Rd. Located at base of ranges with spring-fed crk as back bndry, 4 km with private fishing spots. Choice of homesites with power & ph nearby. $45,000 ONO. Ph: 02-872-6420 AH. 015-228-804 BH. Graham Wilson.

FAR SOUTH COAST NSW, 100 ac, comprising (approx) 10 ac cleared river flat on perm river with irrigation licence, 60 ac gently sloped light timbered with choice of excel homesites; balance rugged, secluded bush to nat pk bndry. Good all-weather access, council approved Colorbond machinery shed/temporary residence. Highly suitable for permaculture development and/or organic production. Drought-proof. $95,000. Ph: 064-937-307.

FIFTY ACRES (1/3 share in 150), 40 km from Young & Cowra, 17 sq shed, fitted out as 5 b/r house, air cond, wood stove, power, ph, 4 tanks, fence, dam, orchard. $75,000. Ph: 063-837-328.

NORTH-WESTERN SLOPES, between Inverell/Warialda, NSW, 150 ac with light soil for farming, bushland, 60 ac electric fencing. Three b/r house requiring renovation, power and ph to block, school bus to door. $65,000 ONO. Ph: 067-248-319 AH.

NORTH-WESTERN SLOPES, between Inverell/Warialda, 150 ac totally fenced 6 wire electrical, lge dam, ph to block, school bus service, $30,000. Ph: 067-248-319 AH.

VILLAGE SITUATION, 3 x 1/4 ac blocks, adjoining, 20 km E Glen Innes NSW. School, shop, tar rd, f/trees, u/ground water, good soil, rural views, cheap rates. $12,000 ONO. Ph: 067-323-593.

LITTLE HARTLEY, sheltered, secluded, partially timbered 6 ac, 2 storey log cabin, gable style barn home. Combustion/gas stoves, lge garage, fenced, crk, dam. Commuter distance. POA. Ph: 063-552-255.

SELL OR SWAP, exquisite 19 square solar passive brick home, Berridale (Snowy mtns). Cathedral ceilings, feature woodwork, dbl garage, herbs, gourmet kitchen, 4 b/r, ensuite. Swap for farm/land near Dubbo or sell $135,000 ONO. Ph: 068-845-781 AH.

BEAUTIFUL EIGHTY ACRES, with 4 b/r sandstone & rendered brick house, timber throughout. Three crks, lge swimming hole, spring-fed water supply, 30 mins to Byron Bay. Offering holistic lifestyle, peace and privacy at $250,000. Ph: 066-895-294.

SOUTHERN HIGHLANDS, BUNGONIA, 2 1/4 hrs Sydney – 1 1/4 hr Canberra. Imagine, no power bills – ever! No blackouts – ever! Without missing out on all luxuries. Set on 123 ac, 4 dams, 2 crks, est orchard & vegie garden, lies an award winning solar passive & powered 4 b/r home. Totally self-suff – $320,000. For more info call Cathy, 048-484-336.

GUNDY VILLAGE (15 mins Scone), 1/2 ac, good position, school bus. $25,000, consider offer. Betty Watson, 065-451-810.

GUNDY VILLAGE (15 mins Scone), 2 ac, gully, new double garage, electricity, centre position, school bus. $45,000. Betty Watson, 065-451-810.

GUNDY VILLAGE, (15 mins Scone), 2 ac, goat fences, stock paddock with sml park area, spring with pump & tank. Smaller paddock, sml orchard, hay shed, horse yard, gallery/store, shadehouse, c/port, herbs, f/trees, gardens, old house, river pump, electricity, storage tanks, $120,000. Betty Watson, 065-451-810.

NEAR NIMBIN, 2 charming country cottages, one 3 b/r plus studio, one 2 b/rs, $60,000 and $43,000. Solar power, tank & gravity-fed dam water, composting toilet, f/trees, friendly neighbours. Steiner school adjoins. Ph: Lesley, 07-287-6401; Trevor, 07-207-0013.

TEN ACRES RAINFOREST/VIEWS, 8 1/2 km nth Murwillumbah NSW (30 km to Tweed Heads). Peace & quiet. Small 3 b/r Logan home. Solar power, tank water, septic. $135,000. Ph: 066-724-601 after 6.30 pm.

ONE HUNDRED ACRE BLUEBERRY/CATTLE farm, 30 mins west Grafton, 8 mins from Nymboida school. Set in glorious secluded valley with 5 bed solar powered home, sep cabin, dam, crk, 1600 certified blueberry trees, packing shed & coolroom, 70 ac cleared for grazing. Irrigated crk flats for market gardening. $265,000, ONO. Enquiries, ph: 066-422-980 BH, 066-494-196 AH.

Please print your ad clearly so we can do likewise.

GRASSIFIEDS

DEADLINES: GR109 – APRIL 28TH
GR 110 – JUNE 30TH

PROPERTY FOR SALE

NEW SOUTH WALES

NSW, SOUTHERN HIGHLANDS, for private sale, 2000 ac wilderness retreat with 12 km major river frontage. Large comfortable 6 y/o 4 b/r homestead. Productive estab fruit/veg garden. Sydney 3 hrs, Canberra 1½ hrs. POA. Ph: Ken or Sam, 048-485-223.

OPAL MINING RETREAT, Lighting Ridge/ Grawin. Perfect setup with house on opal mining claims, 12V solar power, 240 generator, 5000 gal w/tanks, big dam, workshed, very private. $56,000. With mining equipment, $75,000. Ph: 068-293-943.

NYMBOIDA, NORTH COAST, 2 storey hexagonal 3 b/r timber home on 100 ac. Spacious sunny dwelling, balcony & verandahs overlooking stunning view. Power, sheds, well fenced, dam, abundant organic vegie garden. Independent 1 b/r cottage. Property 70% wooded includes hoop pine, silky oaks, r/forest species. Permanent crk, prolific wildlife featuring parrots, bell birds, platypus, kangaroos, wallabies, bandicoots. $160,000. Ph: 066-845-206.

COONABARABRAN, NSW, unique mtn retreat, 150 ac mostly cleared & fenced with internal fencing, 2 dams, scenic walks, off road to Warrumbungle Nat Pk and Siding Spring Observatory. Seventeen km bitumen rd to town, school bus, mail service. Three b/r II/plank home, 2 yrs old, BIR, curtains, screens, carpets, RC air cond, com heater, septic, 21,500 gal w/tanks, landscaped gardens, vegie garden, orchard, all fenced. Garden sheds, 9m x 6m shed, c/van. Abundant wildlife. $210,000. Ph: owner, 068-421-245.

NOWRA DISTRICT, 3 b/r farmhouse on timbered property, 6 ac +. $160,000. Ph: 044-478-341.

THREE KILOMETRES WEST WILLAWARRIN, 429 ac, Macleay River valley, f/h 2 titles, perm water, good timber, good access rd. Ideal rural retreat. Lots of potential. Ph: 066-537-030.

SOMERTON, 20 mins from Tamworth country music capital, 3 lge b/rs, BIRs throughout. Large living area, quality carpets, blinds, pergola, double garage, bore. On ½ ac, close to school, sml village, cheap rates. $110,000. Ph: 074-926-032.

KYOGLE, FAR NORTH COAST, NSW, subdivided, your choice of 100 ac to 170 ac, excel double crks frontage – Lynchs Crk to Warrazambil Crk. An ideal country retreat with a magnif rural setting, on Border Ranges Nat Pk. Good abundant waters, timber, grass, wildlife, good access, homesite, power, schools, bus, mail, 2 hrs Brisbane, car or SPT train, airport, beaches. Ph: Jim, 066-362-248.

MID NORTH COAST, 119 ac – 40 mins west of Nambucca Heads. NE aspect, timbered, perm crk bndry, some flats, rising to state forest. Power, ph, homesites. $75,000. Ph: 065-688-214.

BEAUTIFUL FREEHOLD, 1 ac block 70 mins Canberra, 50 mins Batemans Bay. Building permit. Deep rich soil, suit sml scale permaculture. Located on bndry of historic Majors Creek Village. Braidwood 16 km. $28,500 ONO. Ph: owner, 048-461-013. Write: PO Box 12, Braidwood 2622.

NAMBUCCA VALLEY, choice chemical-free 22½ ac, long perm crk frontage, well, 5000 gal tank. Permaculture, bearing fruit and nut incl 100 pecan trees, good fencing, dairy bails, sheds. Restored colonial timber home, return verandahs, 3 b/r, french doors living, potbelly, dining, modern bathroom, new kitchen. Power and ph. School bus at gate. Half hr to beaches. $160,000. Forced sale, ill health. Ph: 065-647-739.

RURAL RETREAT, 600 ac (400 virgin bush) hill country, 20 km from Mudgee on Sydney Rd. Peaceful and secluded, with abundant bird and wildlife. Small dam, perm spring water to weekender and sheds. Solar panels, inverter also avail. Current development application for perm dwelling on level, elevated site. $72,000 ONO. Ph: Neale, 063-725-854 BH, 063-734-664 AH.

NAMBUCCA VALLEY, 1 ac, town water, 3 b/r brick & tile, all inclusions, very neat. Garage, 2 c/ports, all fenced. Garden, rural outlook. Walk to shops, golf, bowls, clubs, public school. Bus 3 mins to alternative school, 15 mins to beaches & river fishing 10 mins. Chemical-free. $120,000 ONO. Ph: 066-541-565.

LARNOOK, VIA LISMORE, charming timber cottage, polished floors, lovely and private garden setting with scenic views on 2 ac of rich soil, strata title, perm spring water (tested), LPG stove, fridge and HWS, solar power, ph, close to shop and schools, sealed rd to town. $125,000. Ph: 066-845-236 after 6 pm.

BISHOPS CREEK MO, Thora Valley, 1/12 share, 1200 ac. Beautiful home on the edge of world heritage park. Pure perm crks, absolute old growth r/forest wilderness, and still easily accessible. School bus 1 km, Steiner school 6 km, public school 5 km, Bellingen 30 km. Share incl use of common land, tractor, etc, private 5 ac area with solar powered timber home, lge gas fridge, o/fire, fuel stove, etc. Beautifully fitted out and solidly built. Elevated site, with views, set in forest. Organically certified property, gardens estab. No dogs or cats. Price $115,000. Write to: Ras Collie, 19 Adin St, SCOTTS HEAD 2447.

DRAKE VILLAGE, NORTHERN NSW, great potential, 1½ ac, hwy frontage, 3 sep titles. Keen to sell. Price negotiable. Ph: 066-897-222.

RYLSTONE. Situated 3½ hrs from Sydney this beautiful 430 acres is ringed by sandstone cliffs & overlooks the dramatic Capertee Valley. Abundant flora & fauna, caves, cliffs and a perm spring make it a magical place. Livable hut $130,000 or will divide 130 ac/300 ac. Ph: 063-797-620 AH.

FERTILE TEN ACRE ORGANIC FARM, BFA Certified 'A' grade, nestled in beautiful upper Macleay Valley. Eight y/o netted blueberry orchard (approx 400 plants) producing income of $8000 pa, increasing annually. New, lge 3 b/r, timber home. Built to last with quality features too numerous to list. Creek frontage with unlimited fresh water supply, fish, platypus, wildlife and great swimming. Machinery shed, coolroom, two shacks, cow-bails, fruit/nut trees, and vegie garden. Power, ph and school bus. Great value and potential at $135,000. Five Day Creek, BELLBROOK 2440. Ph: 065-678-213.

TOONUMBAR-KYOGLE, far nth coast, 100 ac of secluded high frost-free country facing W with panoramic views of Richmond Range. Has extensive stands of eucalyptus balanced with open country. Watered by dams and gullies. Joins state forest. Bus service. One-teacher school nearby. $65,000. Ph; 066-333-159, or 066-322-606.

NYMBOIDA, nth NSW, 376 ac bush block 3 km from village, school etc. Caves, cliffs, secret valleys, great views, low rates, low crime rate, alternative minded neighbourhood, close to river & state forest – suit multiple occupancy or subdivide. $135,000. Ph: 066-494-247.

NEW ENGLAND TABLELANDS, NSW, country living with income. Close university. Established orchard, over 2000 apple, pear, peach, nectarine trees. Three b/r Federation house, open fireplaces, lge sunny verandah. Packing shed, machinery bay, coolroom, sheds, plenty water, stockyards. Machinery negotiable. $155,000. Ph: 067-787-310.

GREVILLIA FREEHOLD, 56 ac, open forest, abundant bird & wildlife, perm crk & 2 dams, 5 mins school & shops, ½ hr Kyogle. $50,000 ONO. Ph: 07-294-6343.

NYMBOIDA, 650 ac, timbered, steep, great views, good access, estab community. $75,000. Ph: 066-431-250 BH, 066-494-202 AH.

MID NORTH COAST, 20 ac, outstanding 3 level loft home, 3-4 b/rs, 3 bathrooms, wide verandahs overlooking crystal clear running crk, no chemicals. 'Paradise'. $159,000. Ph: 065-507-238.

UNIQUE LOCATION IN TWEED VALLEY. Sturdy 3 b/r w/b home on approx 3 ac, 7 km from Mt Warning, 11 km from Murwillumbah. A tranquil safe setting, numerous assets some mentioned as follows: inground salt-water pool; a gardener's paradise, a variety of trees & f/ trees, & well estab garden; pure water supply from mtns; no near neighbours; abundant birdlife; views all around of mtn greenery especially lakeside vista to Mt Warning; good grazing for 4 cows at present. Potential market garden alternatively. A Dutch friend recently remarked, 'It's like Fairyland...' $175,000. Ph: 066-795-328 after 6 pm.

HUNTER VALLEY, 2 hrs Sydney, Newcastle, 100 ac mtn forest retreat, water from crk suitable for spear pump and dam. Views from tableland homesite with foundations for approved cabin. Electricity/ph avail. Brochure avail. $69,500. D B Macarthur RE. Ph: 02-970-6483.

Make Your Editor Smile – Punctuate!

GRASSIFIEDS

PROPERTY FOR SALE

NEW SOUTH WALES

HUNTER VALLEY DISPLAY COTTAGE can be repeated for you on unspoiled 100 ac bush hideaway, 2 hrs Sydney/Newcastle. Electricity/ph avail. Towering eucalypts, fragile ferns in the gorges, delicate mosses and creekbank flowers. $105,000. D B Macarthur RE, Ph: 02-970-6483.

MERIMBULA ONLY HALF HOUR, 112 ac partly renovated 3 b/r house. Power, ph, a/w access, school bus past gate. Breathtaking valley views. Property 2/3 cleared and fenced. New machinery shed. Situated between Burragate and Wyndham, both popular rural retreats. $135,000 ONO. Ph: 064-967-004 AH.

NANDEWAR RANGES: Magnificent views from modern 3 b/r f/brick house with quality fittings on private 320 mtn ac, 33km Barraba. Good access, mains elec, ph, many extras. Permanent spring, 3 dams, harmonious lifestyle. $170,000 ONO. School holidays or AH ph: 067-830-168.

LARNOOK, NSW, 20 mins to Lismore, 5 1/2 ac share council approved MO. Two crks, 22 ft c/van, estab gardens etc. Good access, bus, school 5 mins. $35,000. Ph: Lindsey, 066-337-108.

MAGIC SPOT, 30 ac, perm crk, estab orchard, windbreaks, regeneration areas, 20 min E of Mudgee, sealed rd, close to village school and bus. Large passive solar mud brick homestead, gardens & shed/w/shop, r/w/tanks & pumps. Sydney 3 hrs. $166,000. Contact Brodies' Pastoral Agency, RYLSTONE. Ph: 063-791-406.

TWO BEDROOM PLUS SLEEPOUT, brick & timber cottage on 2 ac. Ideal GR lifestyle or retirement. All services connected. Only reason for sale domestic. $50,000. Ph: 043-972-604 after 6 pm weekdays.

QUEENSLAND

FORTY ACRES, 70 km Kingaroy, Qld. Dam, crk, fenced, shed. $30,000. Ph: owners: 07-286 2880.

FAR NORTH QUEENSLAND, totally organic huge block. Open plan living, old home. Tropical fruits, mini r/forest, elec, new water lines, bore water avail. $85,000. Ph: 070-979-297.

IT NEEDN'T COST A FORTUNE to get that dream block – Mount Perry 1 1/2 hr inland from Bundaberg, 1 3/4 ac with perm wooded crk on bndry. Once town market garden. $18,000 ONO. Ph: 091-854-605.

NOOSA HINTERLAND/SUNSHINE COAST, Nev Kane Real Estate, Cooroy. If you want to buy or sell in the hinterland give us a call. All enq welcome. Contact: Gwen Morton on 074-476-988, AH 074-854-291, or 015-130-432.

GRANITE BELT, 40 ac bush block developed for self-suff. Very solid 2 b/r dwelling. Slow combustion stove, septic, shower, laundry, washing machine, Kero fridge, workshop, c/port, storeroom, solar power, good TV reception, also self-cont cabin. Shade/hothouse, chook pens. Hundreds of young trees, fruit/nut/citrus, vines, berries, herbs all on gravity-fed irrigation. Plenty of water, 3 spring-fed dams. Main dam over one million gal capacity. $73,000 ONO. Ph: owner, 076-841-352.

THREE BEDROOM FAMILY HOME on 40 peaceful ac, 2 bay workshop, 2 bay c/port, 600 m to school bus. Pig, chook & sheep pens. $86,000. Ph: 076-653-695.

ALMOST 200 ACRES, sth of Tully with deep river frontage. Suitable for group title. Build your own home from the millable timber. Also suitable for aquaculture or permaculture. $200,000. Ph: Dianne Wagner or Ray White, Tully, 070-682-722, or 070-687-125.

NORTH QUEENSLAND TROPICAL RETREAT, 10 mins Cooktown PO, 1 1/4 ac f/h 3 titles, surveyed, mains power, ph, bore, cement rain tanks. Open plan modern cottage, f/b slate patios for o/door living. River frontage, tidal, estab gardens, palms, f/trees. Excellent river & reef fishing. $147,000. PO Box 76, COOKTOWN 4871. Ph: 070-695-524, or 070-968-353.

SUNSHINE COAST, HINTERLAND, Brooloo, 40 mins Noosa. Rural 1 ac with 2 titles. Trees, many birds, services, nice land, well looked after, suit enviro-conscious. Private. $45,000 ONO. Ph: 074-845-381.

MILLMERRAN, lge 4 b/r home on 20 fully fenced ac, 2 x 5000 gal r/w/tanks. Large dam with 5 hp firefighter Onga pump. New double Colorbond garage 20' x 20'. Separate w/shop and c/port. Power & ph. Home recently recarpeted, lge kitchen, lounge & family rooms, all b/r built-in. Walk-in pantry. Turbo 10 combustion wood heater. Ceiling fans to lounge. Photos avail on request. $105,000 ONO. Ph: 076-954-287.

MILLMERRAN. Bush block, 20 ac fully fenced, 1/4 partly cleared. Access to power & ph. $16,000 ONO. Ph: 076-954-287.

MALENY, WITTA, 3 b/r, western red cedar loft house, 1 1/2 ac, spring-fed dam, plenty trees planted, large back deck. $145,000 ONO. Ph: 074-944-124.

COTTAGE OF STONE, unfinished 1st home on 80 ac, fertile hinterland valley, fantastic views, big timber, perm crk. $34,000. Ph: agent, 071-528-532.

COUNTRY COTTAGE, quaint cottage with farm sheds, 5 ac edge of town, cattleyards, town water, bore & tank, grow anything soil $15,000 vendor terms TAP. Ph: agent, BUNDABERG, 071-528-532.

MISSION BEACH AREA, unique 20 ac property. Totally private & quiet. Rainforest, 14 ac improved pasture, adjoins world heritage wet tropics. Unpolluted perm crk, swimming hole. Nature lover's paradise. 7000 cubic metre dam. Power, ph, water, school bus, 15 mins to sml town. The huge livable shed will stimulate anyone's imagination, partly open plan and suited to the climate. $150,000. Ph: 070-685-414.

NORTH OF GYMPIE, 2 x 160 ac blocks. Divided by deep crk, suitable grazing/tree crops/retreat. $65,000 & $75,000 each, or both $125,000. Ph: owner, 074-828-082 evenings till 8.00 pm.

PLACING AN AD?
See page 68 for details

TWO BEDROOM, HARDIPLANK house, 90% completed, steel frame, council approved, on 1/4 ac, ph & power on, septic, 4000 gal tank, fully fenced etc. Near Kilcoy, 1 1/2 hr to Brisbane or coast. $55,000 ONO. Write: PO Box 128, KILCOY 4515.

CHINCHILLA AREA, 100 ac, new fence, gates, good timber stand, lge dam, r/w/tanks, yards, sheds, extra lge dwelling shed, and more. Only $45,000. Ph: 074-845-324 for full details. PO Box 51, IMBIL 4570.

A BEAUTIFUL AND HARD TO ACQUIRE property, 30 km from Yeppoon on Capricorn coast, 2 1/2 ac. As-new 3 b/r home, c/port, shed, on sealed rd. Twelve different varieties of f/trees all bearing, vegie garden, flowers, shrubs, ferns, palm trees in r/forest setting. Semi-perm crk through property. Birds galore. Plenty water, 2 tanks 2000 & 5000 gal, two pumps, pressure water to house. Very quiet & private, close to fishing inlets. Suit healthy retirers. $125,000. Ph: 079-351-283.

MOUNT PERRY, 48 ac, 2 paddocks, fully fenced, 2 dams, crk, shed, estab r/forest, f/trees. Great potential. $44,000. Write: Tom, 8 Everthorpe St, NORTHGATE 4013.

WHITSUNDAY AREA, Qld, income with potential. Bruce Hway frontage, 15.5 ac, 1100 mango trees, 200 pawpaw trees plus other fruits. Irrigated, lge industrial 5 double-bay machinery, washing & packing shed with 3 phase power. Coldroom and coolrooms, 6m x 12m, roadside selling area, tractor, slasher, spraymister, hoe etc. Two equipped bores, 4 permacrete tanks. Three b/r, h/b, enclosed home, car shed attached. Walk to shop and PO, primary school next door, buses to high schools, 15 mins to beach, plus heaps more. Ill health forcing sale.$285,000. Ph: owner, 079-475-735.

FORTY ACRES, 40 km NW Kingaroy. Well treed, rock outcrops, views, f/trees, citrus, bananas etc. Fenced, all on irrigation, no frost, 3 dams, 7000 gal holding tank, 3 sheds, 5 r/w/tanks. One shed 40' x 20' built into 3 b/rs, living area, bathroom, gas fridge, wood stove, ph. Two shadehouses 40' x 24' planted with palms. Hundreds of trees and shrubs planted and on drip irrigation. $85,000. Owner: PO Box 7017, Redland Bay, Qld 4165. Ph: 07-829-0510 evenings.

FIFTEEN MINUTES SOUTH GYMPIE, 8 3/4 ac, 30 x 30' shed, 1/2 lined & furnished for living area, 1/2 work shed. Fully livable 30' bus inside, gas fridge, stove & HW, ph, 8KVA diesel gen, new Honda pump on dam to irrigate estab organic vegie garden. Fully fenced, timber for sml home, tractor & slasher, on school bus run. $98,000 ONO. Ph: 074-851-887.

CRYSTAL WATERS PERMACULTURE village, Conondale, Qld. High on a hill & sitting pretty on 3354 m². Freehold, well-treed block in rural Group Title Development. Northerly frontage to bitumen sealed rd. Owners must sell! $48,000. Maleny Property Sales. Ph: 074-999-366. AH Kathryn, 074-944-725.

To avoid disappointment ensure your ad meets our deadline

GRASSIFIEDS

DEADLINES: GR109 – APRIL 28TH
GR110 – JUNE 30TH

PROPERTY FOR SALE

QUEENSLAND

BUNGADOO, VIA GIN GIN, 40 km Bundaberg, 80 y/o miner's cottage in good condition on 1 ac of land on forested ridge. Boundary fences and even the house disappear amongst the abundance and variety of trees on this acre. Ideal for gardeners too. Surrounding land use means no bushfire hazard. The house has been thoughtfully cared for. Timber framed windows, brass fittings, hoop pine flooring. Two b/rs, sleepout, ample water storage, shed, bore with pump. Primary school 3 km (high school 12 km). School bus past door. $65,000. Ph: John, 071-574-247.

RAVENSHOE: Enjoy tropical climate 3000' above sea level, 4½ ac fully fenced, lightly treed, mtn views, grow anything, all services avail at front gate. Basic c/van incl. Eight km from town, 1½ hrs from coast. $28,000. As urgent sale required any reasonable offer considered. Contact owner, PO Box 204, ROLLINGSTONE 4816. Ph: 077-707-001.

WOODFORD FIVE ACRES, & sml income, 400+ f/trees. Town water + 2 bores, dam. Brick 3 b/r home, lge entertain room, office, lge lock shed, farm machinery worth $20,000, sell complete $260,000. Ph: 074-961-397.

GYMPIE leave the rat race for subtropical self-sufficiency, 2 b/r house 250 f/trees, 5 ac. $83,000. Ph: 018-180-874.

MILLAA MILLAA, NORTH QLD, 250 ac r/forest setting, 25 shares all sold. Two independent Freehold Title shares for sale – $9000 each or both $16,000. Wild River bndry, perm crk through property, nat pk adjoins (World Heritage nomination), 5 estab houses, ph connected. Write for info sheet: PO Box 469, KURANDA 4872, or ph: Ken & Jan, 070-938-922.

KINGAROY, NANANGO, SE Qld, modern 3 b/r block home set on 34½ ac. Selectively cleared, fully fenced lge brimfull dam 15,000 gal r/water, school bus at door, ph/power connected, estab organic gardens, f/trees, fodder trees, perfect for horses/cattle/ multiple occupancy. Two 20 x 40 steel sheds. Currently run as dairy goat stud, subdivision potential. $145,000. Ph: owner, 071-647-121.

SOUTH-EAST QLD, 40 ac heavily timbered, fully fenced & internal fence, 3 b/r steel kit home, fully insulated with wood stove & combustion fire & composting toilet which makes 500 kg of compost. Has $16,000 solar power system & ph. Ten thousand gal w/tanks, 12 x 12m & 10 x 5m sheds. Chook runs & sml shade house. Has lge dam & u/ground water. Kingaroy 30 min drive, 90 min drive to Fraser Island. Spent over $100,000, sale for $89,000. Ph: 071-648-103.

BETWEEN MARYBOROUGH & GYMPIE, 2-3 b/r 120m² timber cottage, ½ ac, power, ph, septic. Water (10,000 gal), bore, fruit, nut trees, gardens, fernery, chook pen, sheds, c/port. $74,000. Ph; 071-292-302.

GLENWOOD 2 ac. Selectively cleared tall hardwoods & natives, 3 big billabongs, 22" r/fall Feb 95. Forestry access to Cooloola Coast Rd. Gympie 15 km, ¾ hr Maryborough, 2½ hrs Bris, 1 hr Rainbow Beach/Fraser Island. Plenty wildlife. Power at back block. $20,000. Write: D Wilson, 86 Russell St, MARYBOROUGH 4650.

WHO WOULD LOVE TO LIVE in a 3 b/r log cabin, nestled on 30 ac of heavy timber? Power by solar, 10,000 gal r/water, 4 dams, seasonal crk, town 14 km, f/trees, palms, u/ground watering. Enough split blocks for sml home/lge shed, regretful sale. $84,000. Ph: 071-631-558.

GIN GIN, PRETTY HOME on 83 bush ac. magnif views, lge studio, b/r, kitchen, living area. Fully insulated, timber ceiling, carpet, gas hot water, ph. Dam, pump, galvanised tank & lge concrete r/water tank. Flitch cabin, garden shed, chook coop, f/trees. Fully fenced, mains power avail. Bundaberg 1 hr. $70,000. Ph: 071-572-015.

VICTORIA

DEAR GR READERS, here is a good chance to purchase land that offers so much. Clean running water, sml pockets of semi-r/forest areas, an abundance of wildlife and surrounded by state forest. This property is 40 mins from Bairnsdale on the beautiful headwater of the Nicholson River. For the past 11 yrs the Nicholson Co-op has developed into a diverse community with strong environmental values. I have built a mud brick/cedar home which is solar powered and has generator back-up. There is a sml house orchard and a further 250 cherry trees approaching cropping. Due to work commitments my family and I are forced to leave the area and are looking for like-minded people, who could enjoy the lifestyle that this property offers. Price $70,000 ONO. If anyone has any enquiries please contact Ray Dale. Ph: 051-564-275.

FOSTER GIPPSLAND, 7 ac, perm crk, tree ferns, platypus, ½ clear ½ bush, housesite facing nth. Large dam, SEC, lovely views, good access, ideal hobby farm or self-suff. $52,500. Ph: 03-899-5689.

BEAUTIFUL FAR EAST GIPPSLAND forests general store for sale or lease. Includes flat, trout stream. $55,000 ONO. Ph: 064-581-502, 581-446. Suit those looking for slower pace.

QUIET RETREAT, NETHERBY, old township, ¼ ac, nice views, water, power, BP. Big trees, original 1870 Title. $4500 full price. Ph: 059-985-201.

WATCHEM: 2 b/r home on lge double block. Close to school, shop, hotel, etc. More details on application. $38,000. Ph: 054-981-296.

DAISYHILL, 10 km sth of Maryborough, 5 ac, 2 b/r mud brick house. Power, ph, mains, dam & bore water. Ex-certified organic market garden farm, f/trees, tractor, machinery, shed. For a bargain, price: $60,000. Ph: Lyn, 054-232-687.

HEATHCOTE – completely renovated lge 3 b/r house on 19 ac. New kitchen, bathroom, carpets, slate floors, wood heater. Huge solar power system (8x64W panels) with generator backup, 10,000 gal tanks. Natural bush block (partly cleared) backing onto state forest, offers complete privacy and cheap country living. $115,000 ONO. Ph: 054-333-321.

EAST GIPPSLAND, co-op shares, currently 4 households. River, farmland, forests, beauty. Remote but school nearby. $12,000 ONO. Contact Antoinette Shanahan, RSD, GOONGERAH 3888. Ph: 051-540-143.

COASTAL BEACH AREA, Aireys Inlet, 30 mins Geelong. House just renovated on lge secluded block, with some ocean views, subdivision potential. Walking distance to quiet beach, schools, shops, and all amenities. Murray pine timber home, with nthly aspect, glass sunroom, polished floor boards, 3 b/r, BIR, 2 bathrooms, spacious living area with potbelly, gas cooking, carpets, dado in loungeroom, verandahs. Large shed, spacious yard, lovely gardens surrounded by native boundaries, suitable for family or retirement. Offers considered, urgent sale. Ph: 052-897-064.

BENDIGO AREA, Longlea Forest, set amongst beautifully treed 5 ac allotment. Neighbouring properties have protective covenants to protect this superb environment. Situated 15 mins from Bendigo, the school bus goes past the front door. Seven y/o modern BV 3 b/r home featuring lge rumpus/billiard room with solid fuel heating. Open plan living with formal dining area & breakfast bar, lge windows to take in the inspiring bush views, gas heating, aircond & ceiling fans. No need to worry about water, 7000 gal tank and town water. Large pergola, AG pool, good shedding & poultry pen complement this property. Nothing to do, just move in and enjoy this rare opportunity to live with the native flora and fauna that this unique area has to offer. $134,900. Please call Jack Lazenby on 054-421-633.

MIRBOO NORTH: Spacious renovated Californian bungalow, 1.5 ac, modern bathroom, kitchens. Outstanding views, alternative power, permaculture orchard. $118,000 ONO. Ph: 056-682-172.

CASTELLA/KINGLAKE EAST – 5 ac bush block, 10 mins Kinglake, 15 mins Yarra Glen. Gentle slope, nth aspect, sealed rd in quiet court, power & ph. Backs onto Kinglake Nat Pk, plenty of birds and wildlife. $63,000. Ph: 057-861-505 after 5 pm.

EAST GIPPSLAND, GOONGERAH (70 km nth Orbost), 36 ac, timbered. Cabin with s/combustion, gas cooker, gas fridge, ph, tank water. Studio, orchards, goat fencing & shelters, chook run, crk. Primary school 10 mins walk. Brodribb River 5 mins. $62,000 ONO. Ph: 056-681-638.

BLACKWOOD, picturesque ¼ ac corner block in historic gold-mining mineral spring town in heart of Wombat State Forest. North-facing, trees, log cabin & lock-up double garage. Town water & elec avail. $30,000. Ph: 053-686-538.

FOSTER, GIPPSLAND, 32 ac, magnif views of Wilsons Prom, ½ clear, ½ bush, 1 b/r shack. $60,000 ONO. Ph: 056-816-251.

Make Your Editor Smile – Punctuate!

GRASSIFIEDS

PLACING AN AD?
See page 68 for details

PROPERTY FOR SALE

VICTORIA

PICTURESQUE COMBIENBAR VALLEY, East Gippsland, 4 b/r house on 10 fertile ac, excel pasture with shade trees. Suit any GR activities. Abundant water, many sheds, disused brick dairy suit studio etc. Large, comfortable house furnished incl fridge, washer. $65,000. Ph: Ray, 051-585-232, or 053-689-318.

TWELVE SECLUDED ACRES river flats, + 4 ac river frontage in Wangaratta, 3 b/r open plan house, garage and sundry sheds. Ample water. $115,000. Ph: Graeme, Wendy, 057-215-468.

GIPPSLAND EAST, 45 min to Lakes Entrance, magnif location, adj to Snowy River Wilderness Park. Comfy & homely 3 b/r WRC homestead on 17 ac. Heritage orchard, rambling permaculture garden, sheds, dams, stable and stock race. Verandahs & pergolas all around house. A unique & well maintained property. Now reduced as vendor is committed elsewhere. $145,000. Ph: 051-542-632.

FOOT OF MOUNT BUFFALO, NE Vic, beautiful scenery, river, trout, swimming, ideal walking, cycling, horse riding. Modern BV, 4 b/r bungalow, toolshed, double c/port, solar HWS, wood combustion heater, new carpet & vinyl, well estab garden. Five km to town, close schools, hospitals. Bargain $99,500 ONO. Ph: 057-562-374.

MOUNT BEAUTY: 3.3 ha, organic, shade gardens, sml paddocks, woodlot, magnif views, town water, serviced sml cottage. $160,000. Ph: 057-572-768 after dark.

MOUNTAIN GRAZING PROPERTY, Gippsland – Strzelecki ranges – 2000 ft ASL. Rainforest country – 50" pa, 43 ha – excel pasture & bush shelter, perm springs. Comfortable home in garden setting with magnif views, orchard, vegie garden, dairy shed, machinery shed 25 x 75', wood & chook sheds, cattleyards, 3 concrete w/tanks hold 22,000 gals, other tanks & dam. The land is very fertile, will run 50-60 breeding cows & calves. Also suitable for berry growing. Will appeal to the free spirit/artist looking for something unique, picturesque & very private. Owner retiring. $220,000. Ph: 051-221-701 AH.

VILLAGE 25 MINUTES, from Benalla or Wangaratta, approx 2 ac, old house opposite primary school. Hot water, s/c/heater, septic tank, ph & elec. Large garden shed, concrete floor. Fibreglass w/tanks, galvanised & underground tanks, dam. New lock-up steel shed 25 x 40', concrete floor. $50,000. Ph: 057-652-248.

YARRA VALLEY, GILDEROY: Older style 3 b/r timber home on 3 ac. Pastured land backing onto the Little Yarra River. Numerous outbuildings, huge vegie patch, f/trees & herb garden. $145,000 ONO. Ph: 059-667-331.

BENDIGO FARMLET, 20 ac in Camp Rd, Woodvale. Comfortable family home & excel shedding. Currently operating as a donkey stud. $107,000. Ruth Harris RMB 3030, EAGLEHAWK 3556. Ph: 054-469-087.

FOR SALE, CENTRAL VICTORIA. Attractive 2 storey A-frame craftsman built mud brick & timber cottage on forested 16 ac. Main rd frontage, borders state forest, 2 upstairs b/rs, 1 with balcony, soaring cathedral ceilings, atrium, solid timber kitchen, plenty of charm & character. Mud brick storage shed, 2 dams, water tanks, hot water, & septic. Garden & veg areas estab. Very quiet, secluded & peaceful. Reluctant sale. $69,500. Ph the owners, on: 03-478-1964, or 015-521-071.

ONE ACRE SNOWY RIVER FLATS, fertile alluvial soil, lge shed, 5 mins to Orbost. Water/power avail. Caretaker, rental or sale outright. $26,500. Vendor finance avail. Ph: 066-722-510, 018-568-342.

TASMANIA

TRANQUIL LIFESTYLE on 20 ac organic hobby farm nestled in Western Tiers foothills, Golden Valley. Sheltered position, ample spring water, sealed rd, character home, fully insulated, renovated. Many mature trees. Separate cedar bungalow rents wells. $108,000. Ph: 003-695-308.

AT PARADISE: Peaceful 8 ac pasture with spring. Freshly renovated 3 b/r 13 sq colonial-type home, polished timber floors throughout living areas, 2 fireplaces & combustion stove, 10 sq outbuilding with several workshop areas, c/ports & living space (easily converted to granny flat). Additional outside toilet, woodshed & lge machine shed, stockyards & loading ramp. Fantastic views all round with Mt Roland in the backyard. School bus at gate, 7 mins from Sheffield, 35 mins to Devonport. $110,000. Ph: 004-911-797.

TASMANIA'S SUNNY EAST COAST, Scamander, 6 ac, river views, sealed rd frontage, water, power & elec avail. Can't be built out. Minutes to township & best beaches in Australia. $36,000 ONO. For more info contact Andrew. Ph: 08-341-8618.

NORTH-EAST TASMANIA, charming pole frame cottage in secluded 6 ac, fronting perm river. Stratum title in environmentally protected 300 ac bush and grassland. Small caring community, wildlife haven, 15 mins from St Helen's, amenities & unspoiled beaches. $79,500. Ph: 003-761-688.

TASMANIA, EAST COAST, rural subdivision building block, beach frontage. $105,000. Ph: 002-571-242.

LAND FOR SALE: Beautiful 30 ac (18 is forest) with a perm stream, dams, & a house site. Million dollar views at Jackys Marsh, central highlands Tasmania. $42,000 ONO. Ring Carolyn, 044-651-089, or John, 051-601-333.

GOLDEN VALLEY, nth Tas. (10 mins ex Deloraine), comfortable 3 b/r, A-framed home on ½ an ac, lake access. $80,000 ONO. Must be sold. Ph: 003-449-784.

NORTH TASMANIA, 100 ac bush, privacy, sea views, all resources for self-suff. Ten mins shops, schools, 35 mins city. House, mains power, exposed beams. $175,000 ONO. Ph: 003-822-545.

FLINDERS ISLAND, 100 ac overlooking Killerkrankie Bay. Mostly cleared with NE aspect and magnif views, 5 mins walk to beach and shop. Electricity, ph, water avail. Roll-on roll-off ferry operating soon from Tasmania, 40 min flight to Launceston or 1 hr to Melbourne. Temperate climate, good fishing, stunning landscapes. Huge tourism potential or just for people looking for a quiet lifestyle. $115,000. Ph: 003-542-315, 6-7 pm.

PELVERATA, HUON VALLEY, 3-4 b/r timber home, on 7½ ac, 5 ac pasture, remainder bush. Permanent crk. Certified organic. Hobart 30 mins. $97,000 ONO. Ph: 002-663-752.

BUSH SECLUSION within NE village, 7 ac title & 6 ac lease, 2 b/r, septic, s/c/stove, solar, deck. Dramatic unspoilt views within richly evolving historic tourist village. Warm aspect, excel water. Power connection $3000. Huge reduction to $39,900 for rapid sale. Ph: 003-311-448.

TASMANIA, SCENIC MERSEY VALLEY, LIENA, 10 ac, pasture, river frontage, mtn views, clay brick 2 b/r house partially unfinished, timber, stonework, drum heater, f/trees, stockyards, power, fenced. $85,000. Ph: 003-622-237, 622-038 AH.

SOUTH AUSTRALIA

SEDAN, MURRAY MALLEE, 650 ac native bushland, 1½ hrs from Adelaide, ½ hr from Barossa Valley. Declared sanctuary, adjoining other sanctuaries. Needs conservation orientated owner. $55,000. Ph: 086-252-456.

SITUATED IN ELEVATED POSITION overlooking Murray River at Kingston on Murray, attractive brick home close to facilities, lge shedding, modern conveniences, c/port under main roof. Bargain: $79,950. Details, Rooney's Lic Agents MREI. Ph: 085-882-056.

OVERSEAS

SOUTH AFRICA (ROUXVILLE), nice part furnished, fully carpeted brick home. Twin garages, outbuilding, orchard, bore, ½ ac. Nothing to spend. $20,000. Missionaries returning Europe. Ph: 09-272-6356.

COMMUNITIES

CRYSTAL WATERS PERMACULTURE VILLAGE, 1 ac f/hold land & houses avail on this growing rural Group Title development, 500 ac of forested & arable common land for sustainable uses. Contact: K Spencer, 24 Crystal Waters, MS 16, MALENY 4552. Ph: 074-944-725.

BLACK HORSE CREEK, KYOGLE, 10 ac share with house, 1/25 of 960 ac, council approved, MO, 2-3 b/r, steel framed, insulated, aluminium kit home. Tiled bathroom, flyscreens, gas stove/fridge, solar power (12V & 240) & h/water, s/c/stove, generator, ph, CB, double c/port, greenhouse, 2 sheds, perm spring, 2 pumps, 5 tanks, fenced yard, estab gardens, f/trees, privacy, steep 2 WD access. $60,000 ONO. Ph: 066-322-503.

To avoid disappointment ensure your ad meets our deadline

GRASSIFIEDS

DEADLINES: GR109 – APRIL 28TH
GR110 – JUNE 30TH

COMMUNITIES

KOOKABURRA PARK ECO-VILLAGE, stage one sold out, 2nd stage selling fast. Freehold title to your lot plus 360 ac owned in common. Underground services. Community hall and village lot, 20 ac agricultural area, 2.5 km to town, schools, shops. Newsletter avail. For more info ph: 071-531-303, or write to: Lot 3 Kookaburra Park, MS 368, GIN GIN 4671.

KYOGLE: Council approved, one-person house & big barn/studio/workshop. Friendly, supportive, dynamic community. Permanent spring, forest, f/trees, 10 ac site, 700 ac commons, 20 km to town. $49,000 ONO. Ph: 066-333-133.

FAR NORTH COAST NSW, 15 mins Murwillumbah, 1/11 share on council approved MO, 2 b/r solar cottage & livable shed. Extensive garden & f/trees amongst 10 ac private forest, 2 dams, large chook pen, all weather access. No cats or dogs. $65,000. Limited vendor finance avail. Ph: 066-795-452.

MOUNT WARNING, nth NSW, 20 ac, company title (1/7 share of 150 ac). Spacious 2 b/r home, solar, gas stove & HWS, 5000 gal concrete tank. 30'x20' pole frame shed with 2000 gal tank. Secluded forest location yet only 5 mins shops, school. Handy beaches. $92,000. Ph: 066-886-215, or write: The Advertiser, PO Box 26, UKI 2484.

NIMBIN, STONE & TIMBER cottage on community, incl gas hot water, fridge, stove, solar panel. Good roads & spring water. $38,000. Ph: 02-692-0502.

NORTH COAST, COFFS HARBOUR hinterland, NSW, developed share on 420 ac beautiful forested land bordering onto state forest & flora reserve. Total of 5 shares, MO. Private 5 **ac housesite** includes: 200 metre creek front**age, levelled building site,** big underground cellar, **dam, w/tank, new tin** shed. Communal assets incl: beautiful mud brick house with solar power, ph, guests' quarters, tractor with front-end loader, slasher, pump, generator, chainsaw. Also for sale: 30 foot bus unit with extended timber room, verandah, solar power, w/tank, gas stove, fridge, etc. All covered under one roof. Very handy, ready to move in unit to go with the share. Must sell. Bargain price: without bus unit $45,000; with bus unit $50,000. Also one undeveloped share for sale asking $37,000. Ph: 066-492-281.

COLLINSVALE, TASMANIA, 20 mins from Hobart GPO. Community of 4 adults living in lge rambling house (32 squares) on 130 ac, mostly forested, in quiet mountain valley, require additional group or individuals to share. House contains 8 b/rs (4 taken), 3 kitchen/dining areas, 3 loungerooms & 2 bathrooms. Initially avail on trial rental basis (modest rates), provided there is genuine intention to join the community in the long term & mutually satisfactory arrangements can be reached. For details, ph: 002-390-384.

ONE-TWELFTH SHARE in MO, 650 ac farm near Sunny Corner (under 3 hr drive Sydney). Fully fenced 5000 m² homesite extensively landscaped with dam & terraced garden areas, a concrete floored 24x60 Colorpanel shed with 5000 gal w/tank. Site for north facing house also prepared. Topologioal positioning of homesite provides shelter from S/SW, but retains excel wind generation potential. Main community farmhouse & workshops have grid electricity. Many dams, perm crk & 2 bores, one with diesel pump & reticulation to homesites. $38,000. Further details: 047-571-876.

MALENY AREA, 3 b/r Queenslander on 20 ac community. Solar & gas. Large orchard/garden. Lots more. $105,000 negotiable for shares plus house. Ph: 074-961-685 nights & weekends.

BUSINESSES FOR SALE

SOUTH-EAST NSW, 25 mins Cooma. Shop & residence, 1900, garden, $104,000. Antiques shop, c1894, $75,000. Both busy highway frontage f/hold, NIMMITABEL. Ph: 064-546-467.

HEALTH FOOD SHOP – Albury-Wodonga. We bought this business through these advertising pages, 12 years ago. Now is the time for us to move on. The business has been good to us, the customers are loyal & very friendly. We are sad to leave, but the time has come. We are asking $95,000 + stock, approx $25,000. PS it is 5½ days per week. Please ph: Will & Sue, 060-267-317 (home).

TEAHOUSE/GALLERY FOR SALE in small town 1 hr sth of Hobart. Federation building, good lease, incl equipment. Reasonable rent incl 1 b/r flat on lge fertile block. Diverse income from estab eatery/art/craft/books/clothing etc. Local & tourist trade. Price $25,000 WIWO. Enq: The Queens Inn, GEEVESTON, Tas 7116. Ph: 002-971-834, or 002-664-185.

FOR RENT

PERSON TO SHARE HOUSE on one ac at Sapphire. Share expenses, help in garden. Close to PO, supermarket, medical clinic. Fossicking avail. Nondrinker. Ph: 079-854-676.

BUNGALOW & SHARE HOUSE facilities. $60 pw. Castlemaine area. Ph: 054-721-679.

TWO BEDROOM COTTAGE in peaceful forest setting, only 10 mins beaches, near Wilsons Promontory. Wildlife, chooks, vegie garden, solar, wood, gas. Avail April-Nov '95, $100 pw. Suit energy conscious person or couple. Ph: 056-832-213.

LARGE MODERN HOME ON ACREAGE, sweeping views of western slopes Strathbogies, 15 km to train & shops. Good financial arrangements for right person seeking permanance. Ph: 057-903-327 after 8 pm.

GIRAWEEN NATIONAL PARK AREA, secluded cottage, magnif views, $50 per wk. Suit single parent, artist, writer. Own transport, n/s. Ph: Ann & Danny, 076-845-124.

CARAVAN/MOBILE HOME owner for north coast native bush block. Power, water, ph avail. Retired GR persons preferred. Rent negotiable. PO Box 24, GLENREACH NSW 2450.

ELDERLY CHRISTIAN LADY seeks part-time help on organic farm. In return: 1 room cottage, tank water, wood stove, no electricity, cool climate, milking goats, fowls, fruit, vegetables, walnuts. Ph: 067-693-619, Miss Adams, HANGING ROCK via NUNDLE 2340.

WANTED TO RENT

RENTAL/CARETAKING of small acreage, animals, vegies, farmhouse/caravan. Power & water (ex-farmers). Refs. Need during 1995/longterm. Central or northern Qld area preferred. Write: L Heitink, C/- PO HERBERTON Qld 4872.

FEMALE FIFTY-ONE YEARS needs cottage with small acreage for 5 milking goats. Work for rent etc. N/d, n/s, Christian, South Australia please. Margaret Pulleine, PO, Box 25, WOOD WOOD, Vic 3596.

GR GUY, 48 seeks low rental or share accom Mackay area. Return for gardening, maintenance, repairs. Own tools. Ph: Rob, 003-822-545.

FORTY YEAR OLD spiritual mum, 2 children, require home, rural near water. Reasonable rent as retired due to burn-out. Ph: Gail, 054-239-178.

BLUE MOUNTAINS AREA, house on acres. Suitable organic herb growing. Couple with child on the way, 2 well behaved dogs. References avail. Ph: reverse charges, Peter or Tonia, 047-394-047.

URGENTLY, NORTHERN NSW, 2 caring, trusting mature women seek house sit or rent 3 b/r house/cottage with character, from April for approx 1 year, Tweed Coast – North Byron area. Keen gardener, will look after house/garden as if own. Ph: 074-943-776, or 066-777-150 ASAP.

WANTED

ENVIRONMENTALLY CONSCIOUS consumers for Australian made & family owned, cleaning & personal care products. Established 38 years, not tested on animals, formaldehyde & phosphate-free products, anti-ingestion agent, low cost per usage. Kosher approved, recyclable containers, 90 day money-back guarantee. Ph: Wendy, 079-822-973 for info regarding free product gift pack.

WE ARE LOOKING FOR SOMEONE special, an older couple, own income, prefer over 50s, to live rent-free, no duties, on a very isolated property in the Monaro district. Accommodation is a converted double decker bus with ph (in your name), stove, fridge, potbelly heater, etc, own toilet & shower/bath, generator power. We have no objection to gardening, a few horses or cattle within reason. We are only after someone long term so please no drugs or time-wasters. A small bond is required. Enquiries: 042-673-183.

COW - PUMPKIN SEED. Large or small quantity. If avail please contact: Steve Stewart. Lot 2, Parsons Rd, COONDOO, Qld. 4570.

Please print your ad clearly so we can do likewise.

GRASSIFIEDS

PLACING AN AD?
See page 68 for details

WANTED

WANTED, products to sell in an environmentally aware retail outlet in Melbourne. Eg: heirloom seeds, books & publications esp how-to manuals, environmentally friendly pet, office & personal products. Further suggestions welcome. Write: Frank Spranger, PO Box 271, NTH CARLTON 3054. Ph: 03-380-4460.

PLEASANT, INTELLIGENT, YOUNG WOMAN wanted to assist on cattle property NE Vic. House rent-free in exchange for approx 12 hrs/week. Possible share arrangement after trial period. Suit off-campus student or similar. Scenic foothills property with crks, bush & wildlife. Farm experience not essen, but confidence with animals desirable. Please write listing details & interests to: CV (GR 108), C/- PO Box 242, EUROA 3666.

WANTED TO BUY, cuttings zonal pelargoniums. Box 154, QUORN, SA 5433.

A MANUFACTURER OF high quality fibreglass mouldings is looking for alternative products to develop & produce. We have the expertise to design the product, make the moulds & manufacture the finished mouldings. If you have a product or even just an idea that you would like made or assessed please contact: Bathcraft, PO Box 1054, WERRIBEE PLAZA Vic 3030, or call Pete Lansbury on 03-587-2812.

PROPERTY WANTED

WANTED TO PURCHASE, an estab economically viable goat farm. We are willing to relocate anywhere along east coast & would consider NZ properties. Please contact: Farrell family. Ph: 07-379-6189.

MISCELLANEOUS

COONOON – GIBBER wood heaters. Will burn for days w/out going out and heat large areas. $375 freight-free to your door. No assembly required. For more info: Dave, 14 Sixth Ave, CHELTENHAM 5014.

THE HOMEBUILT DYNAMO (construction plans). Brushless electric generator, 1000 watt DC at 740 RPM. A$85 postpaid airmail from: Al Forbes. Box 3919-GR. AUCKLAND, New Zealand. Ph: 0011-649-818-8967 anytime. Philips Ferroxdure rotor magnets (3700 gauss) kit now avail cut to size and magnetised.

CHIP HEATERS. No elec needed for instant hot water, operates from town or tank water supply. Enq: Ray Williams. 5 Bonnie Springs Rd, JINDERA 2642. Ph: 060-263-621.

THE WORLD'S BEST AUTOMATIC MOUSETRAP. No poison or bait needed, catch up to 20 mice each setting, rugged metal construction, simple to set by winding spring. Priced at $45 + $5 postage anywhere in Australia. RA Williams, 5 Bonnie Springs Rd, JINDERA 2642. Ph 060-263-621.

WIDDERSHINS CRYSTAL & GEMSTONE jewellery, trade only. Also beads & findings avail to all craftspeople. PO Box 213, MOONTA 5558. Ph/fax: 088-253-453.

HORSE DRAWN IMPLEMENTS, corn shellers, gristers, adzes, broad axes, lots hard to find old farm tools. Ph: 067-421-191. PO Box 195 GUNNEDAH. 96 Bloomfield St, GUNNEDAH 2380. Gunnedah Country Collectables.

NATURAL SKIN CARE: Soaps, creams, salves, using Australian botanicals. Handmade scented candles. Resellers welcome, SAE to Forest Edge, 242 Albert St, MARYBOROUGH 4650.

FOR SALE, YURT, 20' diameter, 13' high, oregon frame which extends. Large skydome. Easy to assemble & transport. White, high tech soft skin, canvas floor, spacious feeling. $6500. Ph: 074-643-146.

NATURE'S HEALING MOISTURISER. A unique Australian product. Keeps healthy skin healthy; ideal for flaky, cracked or weepy skin. 100 ml $20 incl postage. Refund if dissatisfied. RMB 2000, EUROA, Vic 3666.

MUD BRICK MANUFACTURING machine, hopper, very heavy duty hydraulic ram & pump. UPPER BEACONSFIELD. Ph: 059-444-103.

TRIDENT TIPIS, professional workmanship, quality materials, traditional design. Catalogue, samples & prices. PO Box 24, MONTACUTE 5134. Ph: 08-390-2383.

YULEBA QUEENSLAND, 24 ft caravan, 24 ft x 16ft Hardiplank annexe, sliding doors, windows, lattice, courtyard, garden shed, perm site caravan park. $10,000. Option log cabin suitable for craft museum in same park. Low rental on both. Ph: 076-225-005.

FULL SET 'GRASS ROOTS', 1-100, $500. Part set *Grass Roots*, 1-78, $250. Spare *Grass Roots*, 39-70, $3.50 each. 150 *Larry and Stretch* westerns, $350. Dichondra flowering lawn cuttings for carpet type lawn, masses small pink flowers, 15 for $5. All above + p&p. Ph: 067-241-150.

FOR SALE, 24V fridge & freezer, Kelvinator 225; Teknika 180 freezer. Excellent condition. $1100 pair, $600 each. We've converted to 48 volts, must sell. Ph: 054-762-401. Deepa, Box 55, NEWSTEAD, Vic 3462.

GREAT PROFIT, for school fetes, church street stalls, scouts or your very own weekend market stall. Handmade bath crystals, 10 kg only $15, 9 great colours & fragrances. Schools etc within the 07 area free delivery, elsewhere normal freight charges. Send SAE to: The Fragrant Rainbow, PO Box 1042, CAPALABA, Qld 4157. Ph: 015-890-448. Also many other great money spinners.

CLEARANCE SALE – MUST SELL – 12V & 24V fluoros, bulbs, wiring & fittings; 12V house water pressure pump; 11-2V 300 a/h batteries; 2-Singer treadle sewing machines; 8 hp & 13 hp recon diesel engines; 4 KVA diesel gen set; Dead Lister LV2 diesel engine, good parts supply only; 4 hydraulic rams. Ph for full details & prices. PO Box 80 ROSEWOOD 4340. (SE Q'land). Ph: 018-889-153, or 074-642-196.

PERSONALISED STATIONERY SETS consisting 70 sheets (150 x 200mm approx) 104 gsm quality brocade finished Bond sheets with 35 matching envelopes in colours – white, creme, clay, ash, blue or light grey, & print choice of plain or script. Also avail in quality recycled sheets – off-white only. INTRODUCTORY OFFER only $24.95. 70 sheets plain with 35 matching envelopes $11.95. 70 sheets scented with 35 matching scented envelopes $17.95. 70 sheets personalised & scented with 35 matching scented envelopes $29.95. To take advantage of this limited offer, forward details (eg your name, your address) to appear on your stationery, together with cheque/money order for your choice of stationery set plus $5 p&p to: FORMICI PTY LTD, PO Box 87, BAROOGA, NSW 3644. Ph: 058-734-245.

INVERTOR 24VDC to 240VAC, 4000 watts, continuous. $2500. Ph: 075-310-642.

FOR SALE, some copies of *Grass Roots* magazine & some copies of *The Cottager* magazine. Ph: 054-846-250.

UFO INVESTIGATIONS. Have you seen a UFO or had a close encounter? We are researchers with over 20 years experience in UFO research. We welcome all reports & will treat your sighting with full confidentiality. Contact: UFO, PO Box, ASHFIELD, NSW 2131. Ph: 02-799-6843.

RESUMES BY POST: Benefit now from a new or updated resume. Laser printed, very reasonable rates. Also, documents of any kind typed & printed (eg, essays, reports, poems etc). Mail order service. Send now for information pamphlet & resume form. Robert Warburton, PO Box 386, HILLARYS WA 6025.

FOR SALE: One adobe mud brick making machine in good working order. $9000 ONO. Ph: 065-810-587.

FEELING LOW? Take pure Amazon rainforest GUARANA to feel better. GUARANA increases stamina, reduces appetite, eases stress & tension, eases headache, migraine & period pain. 20x500mg capsules (pocket pack) $14.40, 60x500mg capsules (30 days pack) $28.80, 50g tub (pure powder, 30 days+) $12.95, 12 pieces GoGum (chewing gum), $2.60, Breeze 250ml drink $3.50 (packs of 24 + freight). LAPACHO another Amazon rainforest dietary supplement assists in CLEANSING THE BODY after illness. 60x500mg capsules (30 day pack) $33.15. Free packet GoGum with orders of above over $12. P&P $3. As a COFFEE replacement, loose pack GUARANA 50g for $8.50, 100g for $15, P&P $3. 1 kilo $127.50, P&P $10. Send money order/cheque to: Better Health Products, PO Box 269, (Mallala Rd), TWO WELLS, SA, 5501. Ph: 085-202-377 (day or evening).

HANDCRAFTS

CANDLE MAKING KIT, contains 3 kg wax, four dye disks, wicking, instruction leaflet & mould sufficient to make twelve 50mmx100mm candles. Great gifts & wonderful hobby. $28 includes postage. Send to: Elizabeth Candles, 1575 Portarlington Rd, DRYSDALE 3222.

Make Your Editor Smile –
Punctuate!

GRASSIFIEDS

DEADLINES: GR109 APRIL 28TH
GR110 – JUNE 30TH

HANDCRAFTS

FRAGRANT CRAFT SUPPLIES direct from source – potpourris (botanical & gemstone), fragrances (inc similar to Chanel, Opium, etc.), botanicals (roses, lavender, orris, etc.), books, fragrant gifts, etc. We supply from beginner to chain store with great quality products at prices as low as $14.40kg (potpourri), or visit our extensive, centrally located showroom/factory outlet ... Nature's Workshop, PO Box 53, NORTHCOTE 3070. Ph: 03-482-2677, fax: 03-481-1393.

ESSENTIAL OILS, POTPOURRI & natural products – for all aromatherapy & fragrant craft work. We are the manufacturers & suppliers of raw materials for making massage oils, soaps, cosmetics & household products. Our extensive range includes: 100% pure & natural essential oils, absolutes, fragrances, vegetable oils, gums, waxes, extracts, potpourri, herbs, spices, pottery & containers. Buy from us direct, small or bulk sizes & save with our low prices. Write for FREE mail order catalogue to: Auroma, 39A Melverton Drive, HALLAM 3803. Ph: 03-796-4833, fax: 03-796-4966. Or visit our shop at 86 Burwood Rd, HAWTHORN 3122, ph: 03-818-2676.

THREAD BUNDLES, stranded cotton in bundles of 100, 8m skeins in assorted colours, $29 post-free in Aust. Bankcard, Mastercard, Visa, money orders & chqs. Excel buys for schools, weavers & needleworkers. Arty & Crafty, PO Box 40, DAW PARK 5041.

WEAVING LOOMS. Lightweight 20 cm (8 in), 4 shaft sample loom specially designed for students, advanced weavers. Fully assembled with 4 reeds. 8, 10, 12, 15 dent. $135 + postage/freight. Arty & Crafty, PO Box 40, DAW PARK 5041. Mastercard, Visa, Bankcard, cheques.

ARE YOU ALLERGY/ECZEMA PRONE? Have super-sensitive skin? Or just prefer to use *genuinely* natural products on your skin? In a synthetic world, discover the REAL benefits of Tasmanian Leatherwood Honeycare – luxurious handmade organic skincare, Tasmania's FRESH alternative. Handmade with pride & care, using only Tasmanian Leatherwood beeswax, honey, bio-dynamic Australian oils, flower waters, pure Essential Oils etc. NO petrochemicals (sorbolene/mineral oil) synthetics, chemicals, colours, preservatives. Earthsafe-Affordable-Effective. Send SAE for catalogue to: Tasmania's Fragrant Earth, (GR) 3/328 Murray St, HOBART 7000, Tas. Ph: 002-344-259.

CRAFT WORKSHOP VIDEOS: Learn at home at your own pace from your personal, highly qualified instructor. VHS titles include spinning, weaving, beadwork, basketry, applique, tatting, knitting, crochet, lacemaking, felting, fabric painting & more. For full catalogue send long SAE to: Quick Spin Wool Dept GR, RMB 1215, Shelford Rd, MEREDITH 3333. Ph/fax: 052-868-224.

'EYRELOOM' BEADING LOOMS; kits include beads, needle, thread, designs & instructions. Contact: Karemanda art & craft material supplies, Box 782, PORT LINCOLN, SA 5606. Ph: 086-821-700, fax: 086-830-344.

AUSTRALIAN MADE WOODEN BEADS, 'Be Happy Beads' random shape, sizes, small, medium & large. Finished with natural wood oil & wood laquer varnish. Beautiful natural colours. Buy direct from the manufacturers, Adornwood, PO Box 782 PORT LINCOLN, SA 5606. Ph: 086-821-700, fax: 086-830-344.

BEAUTIFUL NATURAL FINISHED WOODEN BEAD necklace kits, approx 12 beads specially graded to make a unique piece of jewellery. Leather thonging & instructions for adjustable length thonging knot incl. $15.95 incl p&p. Adornwood, PO Box 782, PORT LINCOLN, SA 5606.

WOODEN BEAD PENDANT KITS: includes one x two bead pendant & one x three bead pendant, good quality leather thonging 2x1 metre lengths, instructions for adjustable length thonging knot. $15.95. Send money order to: Adornwood, PO Box 782, PORT LINCOLN, SA 5606.

LEADLIGHT SUPPLIES by MAIL ORDER. All you need for your leadlighting & copper foiling is avail by mail order. Send $3.50 for our 46 pages catalogue/pricelist. $3.50 will be deducted from your first order. Send a cheque or money order to: MAIL ORDER LEADLIGHT SUPPLIES, 13 Lindsay Parade, GOOLWA, SA 5214. Ph/fax: 085-553-521.

RITUAL BOX contains all necessary tools for spell for love, inspiration, prosperity, healing, protection or balance. Can be personalised by request. Send belonging/photo. Crafted to traditional recipes. $38 incl postage. Spellcrafts, 6 Ibis Court, BARWON HEADS 3227.

TEACH YOURSELF BEAUTIFUL ARTS & CRAFTS with easy to follow videos, 20+ titles. For free full catalogue write: GME, PO Box 82, ROUSE HILL 2155.

MAKE YOUR OWN EARRINGS KIT. Now only $19.95 + $4.95 postage. Everything you need to make 30 pairs of earrings, incl glass beads, attachments, pliers, etc in a sturdy organiser box. Easy to follow instructions. Brochure avail or send cheque, money order or credit card details to: DL Quality Crafts, PO Box 418, MULLUMBIMBY 2482. Ph:/fax: 066-841-772.

MAIL ORDER CRAFT SUPPLIES, floral art, embroidery, quilting, bulk beads & findings, candlemaking, decoupage, quilling, rubber stamps & embossing, cards, paper doylies, patterns & general supplies. Agent for Ashford spinning & weaving equipment & parts. We specialise in helping people located in remote areas. Send $3 for catalogue (refundable from first purchase) to: Floral Lace, 1A Butterworth Lane, TAREE 2430. Ph: 065-510-343.

BEADS! BEADS! BEADS: Unique selections of handmade glass, metal & wooden beads. Also findings, threads, & kits avail. Cost $8 for samples, colour copy & info. Write to: TSUNAMI, PO Box 29, MARGARET RIVER 6285.

PEWTER PENDANTS, unique celtic, Maori & abstract designs. Hand finished in lead-free pewter. Send stamp for catalogue to: Splendifferous, PO Box A1286, SYDNEY 2000.

FOOD AND KITCHEN

POLLEN, NO ADDITIVES, 450g sample pack $9, 1.9kg pack $32.50, 4.7kg pack $65, 14kg drum $175. Prices include p&p. JM Read, 8 River St, MURRAY BRIDGE 5253.

HOME STONE FLOUR MILLS – mill your own stoneground wholemeal flour for cakes & bread at home with a Retsel Little Ark stone flour mill. Endorsed by Housewives Assoc. Write for catalogue to: Retsel Distributors, PO Box 712, DANDENONG 3175, encl 3 postage stamps. Ph: 03-795-2725. Distributor enquiries welcome.

MAKE YOUR OWN WINE from fruit. Our 'Home Wine Outfit' (with booklet) is avail at $49.95 incl postage. Ingredients & small equipment also avail separately. (SAE for details). Country Winemakers, PO Box 438, CASTLEMAINE 3450. Ph: 054-232-152.

WATER TREATMENT SYSTEMS, Australian technology, effective, affordable & adaptable, achieving $660 mil of export orders. Systems that make tap, tank or river water safe & desirable, eliminating bacteria & removing other nasties. Featuring: system warning indicators & recyclable components. One system commercially produces bottled water from Adelaide tap water. Eg: benchtop/undersink system $298, lifetime maintenance approx $1/300 lt. Independent Distributor: Grant McGuinness, 17 Blue Gum Drive, BENDIGO Vic. Ph: 054-417-049.

GARDEN AND ORCHARD

TOBACCO SEED. Organically grown (Virginian), cultivation & curing notes incl. Send $5 to Lyn O'Brien, C/- PO, BARMAH 3639.

EARTHWORMS for soil improvement. $15/1000. Includes care instructions & postage Australia wide. Squworms Worm Farm (GR), The Gorge, FINCH HATTON, 4756. Ph: 079-583-359.

SEEDS OF UNUSUAL, useful Asian vegies, subtropical fruits, herbs, spices, fragrants, curiosities, cottage garden flowers suit hot weather. Open pollinated. Easy grow. Seeds $1 pkt, plants $2.50 ea. Mail order only, no visitors please. For list send 3 stamps to Lorraine Blaney, Wallace Rd, BEACHMERE 4510.

EARTHWORMS, the 'speedy breeder compost worm' revolutionises your compost & transforms your garden. Just $15 per 1000 worms. Price includes postage Aust wide & pamphlet on worm care. Wholesale prices $40 per kg. Freight extra. Wormborough Farm, PO Box 794, TAREE 2430. Ph: 065-539-633.

EARTHWORMS, Landsborough Earthworms can supply any quantity anywhere. Specialising in waste management for home or industry. For further info contact us at 38 Maleny Rd, LANDSBOROUGH 4550, phone & fax 074-941-512, mobile 015-588-579.

To avoid disappointment ensure your ad meets our deadline

GRASSIFIEDS

GARDEN AND ORCHARD

COMPANION PLANTING CHART. Over 90 vegetables, herbs & fruits, including plants as insect repellants. Sow When Chart. Suggested sowing times for 100 vegetables, herbs & flowers. Mail order $5 each + $2.50 p&p (up to five copies). Plum Products (G) RMB 2907 BRUTHEN, 3885.

TREEGUARDS all shapes/sizes from under 10 cents each. Bamboo stakes & weedmats. International Reforestation Supplies, RMB 8600, BAIRNSDALE. Ph/fax: 051-579-404.

GROW YOUR OWN TOBACCO. Kit contains seeds & info incl how to grow & cure. $20. Peter Gray, 59 Hinchinbrook Rd, BURRINGBAR 2483. Ph: 066-771-697.

TRADITIONAL SEEDS, Native WA seed for all amenity, rehabilitation & project planting. Send SAE for free lists. PO Box 715, BUSSELTON 6280. Ph: 097-541-919. Fax: 097-521-399.

RUSSIAN GARLIC Certified Organic BFA 429 'A' – 5 cloves for $5 + $1.30 postage: produces 5-8 cloves/250g bulb; plant autumn. P&I Doff, M/S 84, YANDINA 4561.

EARTHWORMS, IMPROVE your soil providing healthier plants, crops & FREE fertiliser. Contact us for FREE info on worms. We have the most comprehensive publication list avail on this subject. Worm World, PO Box 204 GR, ROLLINGSTONE 4816. Ph: 077-707-001.

NONHYBRID VEGETABLE & herb seeds. $1.30 packet. Catalogue from Grandpa's Shed, Old Lorne Rd, DEANS MARSH 3235. Ph: 052-363-320.

RASPBERRY PLANTS, organically grown, $15 dozen, incl p/h. Discount for bulk orders. Send money orders. B. Kubiakowski, C/-SCARSDALE PO, Vic 3351. Ph: 053-422-350. Cultural notes provided.

GOURD SEEDS, mixed ornamentals, mixed hardshells, mixed orn & hardshells, luffa sponge, calabash, snake bean, bottle medium, coloured corn $4.50 pkt – minimum purchase $9.00. Or 1 free $4.50 pkt when you purchase 52 page *Gourd Growers Handbook* for $16. Bulk pkts – 30 seeds $10 ea. All price incl postage. Send your order to: Gourd Father Quality Gourd Products, PO Box 298, GR, EAST MAITLAND. NSW 2323. Money Back guarantee!

RAINFOREST SEED COLLECTORS national link-up. Buy & sell local seed. Our newsletter has lots to offer. Local seed grows better & doesn't pollute your gene pool. Quarterly newsletter subs $20, conc $10. Offer local seed – free subs. RSC, Private Mail Bag, BELLINGEN 2454. Ph: 066-552-233.

COMPREHENSIVE CATALOGUE Australian native seeds. 1800 species. Price $6 posted. Bliss Partnership, 28 O'Connell St, TAMWORTH 2340.

HUNDREDS OF HARDY herbs, perennials & shrubs avail by mail order. All plants $2 each, + many cut-price collections. New list now avail. Send 3x45c stamps to: Flowers, Leaves & Spines, RMB 2743, MARYBOROUGH 3465. Ph: 054-614-390.

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PERENNIAL EDIBLES, unusual, delicious & hardy. Waterchestnuts, tree onions, shallots, leeks, oca, asparagus, jerusalem artichoke, etc. Send 2 stamps for complete listing to: Green Harvest, 52/GR, Crystal Waters, MS 16, MALENY, Qld 4552.

COURSES

CORRESPONDENCE STUDIES. Diploma & certificate programmes, professionally recognised. Learn for personal interest or business practice. Select one brochure from: Aromatherapy, Vitamin & Nutrition therapy, Traditional Folk Medicine, Animal Medicine (The 'Green' Vet), Psychic Healing, Pre-school Childcare (Nanny-Minder), Safety & Security Counselling, Personal Psychic Development, Traditional Wicca. Wiccan Home Studies, PO Box 138, SURRY HILLS 2010. Ph: 02-319-6166 bus hrs only.

MAKE FRIENDS WORLDWIDE – learn at home the international language ESPERANTO. Personal postal tuition from $23, info free. John Moore, 7 Pelican St, EMU PARK, Qld 4702.

HERBAL MEDICINE. The School of Herbal Medicine, estab in Australia in 1985, offers a one year home-study course. For details, write to: PO Box 2310, TOOWOOMBA 4350.

HUNTER-NEWCASTLE PERMACULTURE. Courses at permaculture demonstration farm. Emphasis on practical use of permaculture tailored to individual situations. Property advisory services avail. Ph: June Andersen, 049-389-528, PO Box 22, PATERSON 2421.

PERMACULTURE DESIGN COURSE, temperate climate regions. Easter '95, 15th-24th April. Certificate course – fully accommodated. Only 20 places avail. Tutors: Vries &Hugh Gravestein. Venue: 'Willuna', CHILTERN – NE Victoria. Contact with SAE: V Gravestein, RMB 1130, CHILTERN 3683.

SELF-RELIANCE COURSE. This permaculture course will provide you with practical skills, techniques & info to create your own productive & low maintenance property. Topics covered: design, species selection, establishment & integration of vegie gardens, orchards, tree crops, dams, healthy & energy efficient homes. Learn at Crystal Waters Permaculture Village through tours, demonstrations, hands-on practice, slides & talks by Frances Lang & Max Lindegger, tutors of over 2500 people in 16 countries. Dates: May 21-June 3; August 27-Sept 9; October 22-Nov 4. Send 2 stamps for permaculture info kit: Green Harvest, 52/GR, Crystal Waters, MS 16, MALENY, Qld 4552.

PERMACULTURE DESIGN COURSE, far south coast NSW, 11-25 Nov. This course is particularly relevant to people interested in practising permaculture in the south-east region of Australia. Specific to cool temperate systems, species & strategies. This course is unique in its practical involvement with many excel local permaculture examples to be visited. Both Andrew & Hugh have had many years of active, practical involvement in Permaculture Design teaching. The course size is limited intentionally to ensure rich dynamics & fulfillment of individual need. Tutors: Hugh Gravenstein, Andrew Sheridan. Enquiries welcome: H Gravenstein, C/- WYNDHAM PO 2550, NSW. Ph: 064-942-014.

PIP – PERMACULTURE IN PRACTICE – PIP. Come to work & learn on many varied projects for our Permaculture Village & various enterprises. 70% hands-on 20% hands-off, 10% lesiure. Projects (from w/end to fortnight) are subject to seasons & your interest. First session June 4-9, 1995. Cost from $50 per w/end incl food & accom (from tent to B/B). Enquiries: PIP, 80 Crystal Waters, MS 16, MALENY, Qld 4552. Ph: 074-944-747. Fax: 074-944-736.

DOWSING, a definitive home-study course in radiesthesia, dowsing & radionics for those with enquiring minds! Rediscover the lost art of using natural radiations ecologically. Over 200 pages of comprehensive notes covering health, environmental & agricultural applications of this ancient art. The Academy of Natural Therapies, 23 Taree St, BURLEIGH HEADS, Qld 4220. Ph: 075-934-650. Phone or write for a free brochure.

LIVESTOCK

RARE OUTDOOR PIGS. Wessex Saddleback, weaners & breeding stock available. Contact E & H Clare, PO Box 546, CABOOLTURE 4510. Ph: 074-968-271.

ENVIRONMENTALLY ADJUSTED CATTLE for sale. These cattle have never been contaminated with any dips, sprays, hormone growth promotants or insecticides: Cow & calf – $1200. Cows – $1000. Heifers – $800. Steers – $800. Contact: Greg or Kerry, 077-885-506.

WILTSHIRE HORN SHEEP, woolless, prime meat breed. One registered stud ram, '92 drop. Ph: Strathvalley Stud, Ros or Lynne, 057-849-265.

DONKEYS: gelding, quiet, $100, female, quiet, can ride, $200. Regrettable sale. BUNDABERG. Ph: 071-521-240 nights.

HOLIDAYS

NATURAL HEALTH rejuvenation haven. Situated in a quiet rural bushland setting in the foothills of the Border Ranges of nthn NSW. Featuring: healthy lifestyle education, nutritional instruction, food preparation, vegan dishes, raw juice cleanse & detoxification programme, colonic therapy, steam baths, ensuited bedrooms, comfortable accom. The Retreat, GREVILLIA 2474. Ph: 066-364-275.

HOMESTAY AT CRYSTAL WATERS Permaculture Village, guided tours of the first community designed according to the principles of permaculture. K Spencer, 24 Crystal Waters, MS16 MALENY 4552. Ph: 074-944-725.

Please print your ad clearly so we can do likewise

GRASSIFIEDS

DEADLINES: 109 – APRIL 28TH
110 – JUNE 30TH

HOLIDAYS

LA MANCHA HEALTH CENTRE, Lismore. For help with obesity, stress, chronic fatigue, smoking etc or have a healthy holiday. From $390 pw. For brochures ph: 066-295-138.

CHRISTMAS CREEK, LAMINGTON. Two b/r secluded cabin. Magnif views, r/forest, bushwalking, abundant birdlife, linen supplied. Ph: 075-448-166.

GETAWAY TO VICTORIA'S FIRST Eco-Solar Retreat. Peaceful secluded cosy cabin accom set amongst 6 ac of natural native gardens. Solar power & pure underground water. Kangaroos search for food amongst the adj olive plantation. Blue wrens, honeyeaters & many other birdlife at arm's length. Clean air, crystal clear skies & rosy sunsets await the seeker of a revitalised lifestyle. Enjoy the outdoors – fishing, bushwalking, or just sit on the timber railed verandah sipping a glass of wine, watching the blue wren feeding on the lush lawn. Private BBQ. Linen provided. Where is this secret hideaway? Whispering Pines Retreat, Little Desert Nat Pk via DIMBOOLA. Ph for brochure: 053-891-122/891-847.

LOOKING FOR MORE MEANING in your life? Women welcome to stay at our rural property one week during July 9-23. Explore meditation, gardening, crafts. Rest, refreshment, food, accom free. Apply: Sister Helen, Sisters of The Church, 42 Wirrang Drive, Dondingalong via KEMPSEY 2440.

GONDWANA CANOE HIRE WILDLIFE SURVEY, Barmah (30 km NE Echuca), explore the shady creeks & tranquil waters of the Barmah Lakes & wetlands, off the beaten track where wildlife abounds. BYO camping gear for overnight or 3 days down the Murray River, through the forest, taking in creeks & lakes along the way. Two person Canadian canoes, waterproof barrels, life jackets, detailed maps, compass & bird identification book supplied. For more info ph: 058-693-347, or write to: Gondwana Canoe Hire, C/- PO BARMAH 3639 for information kit.

BILPIN, BLUE MOUNTAINS, secluded self-cont cabin, 50 ac organic garden, joins nat pk, bushwalks, sightseeing, birds, wildlife, no smoking. Ph: 045-671-308.

MALDON, HOLIDAY FARMHOUSE, 8 km from town centre, situated on broad, scenic acres. Fully SC, sleeps 8. All electric facilities. Has just been fully renovated & refurbished. Air conditioned, ample undercover car parking. Maldon is Australia's first Notable Town, classified by the National Trust. Ph: "Merrilands", 054-752-342.

RANGEWORTHY RETREAT, Maryborough, Vic. Healing Holidays in nonsmoking accom, close to bush, birds, bike-paths. Cook for yourselves. Two nights $65, double. Extra nights $10 per person. Ph: 054-612-516.

SERVICES OFFERED

THE PRIMAL PLACE. The transpersonal perspective holds that there is an essential unity underlying the diversity of humanity & the material world. The transpersonal vision is one in which compassion, love & responsibility are experienced for all forms of consciousness, & a global ecological vision of all life. The transpersonal experience enables us to contact & integrate aspects of ourselves & discover whatever dormant ability & potential that is unique to you but have lost touch with. Rediscovering those lost aspects of ourselves that continually intrude & spoil our enjoyment, pleasure & success of our own lives can bring about a profound & deeply meaningful state of 'being'. A new sensory awareness. A new consciousness. There is another way to 'be'. Those repressed aspects of ourselves inordinately effect us all of our adult lives & are expressed in other ways; discontentment, depression, anxiety, fear, nervous habits, isolation, loneliness, obsessional work & projects, use of drugs, aggression, anger, sexual dysfunction, inability to assert oneself, inability to relax & feel real pleasure. And in our r/ships. They also show themselves in a multiplicity of chronic psychosomatic complaints. We can be in a constant search, always in the wrong place. The transpersonal dynamic experience enables us to find the realms of the human unconscious to the gateway of personal transformation. Sooner or later we each must face ourselves honestly. Who we are. Where we came from. To what are we travelling towards. The Primal Place, 44 Curnow St, GOLDEN SQUARE 3555. Ph: 054-413-683.

ASTROLOGICAL FERTILITY CHARTS. Find out your monthly period of maximum fertility. Three years personal calendar (lunar-phase cycle). For more info, Astrobe Charts Service, PO Box 1262, COFFS HARBOUR 2450. Ph: 066-534-676.

ASTRO-MAPPING. Order your personal Astro-mapping kit and find out the best geographical places for love, success, happiness & relocation. Send name, address, date, time & place of birth + $50 to Astrobe, Box 1262, COFFS HARBOUR, to receive maps & info booklet. For more info call 066-534-676.

HOME PLANS. 90 plans for handcrafted homes & workshops of mud brick, rammed earth, stone & pole frame construction. Mail $58 (postage incl) for *The Earth Builders Construction Detail & Plan Catalogue Volume 1*, to: John Barton, Building Designer, 31 Sharp Street, NEWTOWN, Geelong 3220, or ph: 052-224-249 for fixed quote to draw/document your home plan.

DIVINE LOVE, Singing HU draws us closer in consciousness to the Divine Being. This is its purpose. It is for those who desire spiritual love, freedom, wisdom & truth. For a free info package write: ECKANKAR, PO Box 1008, CROYDON, Vic 3136 (Devon St).

OPPORTUNITIES

NEW! OUTRIGGER FISHING CANOES for $100? U-build, u-sell. Learn how. It's fun, fitness and profit. Amazing new designs, fishing, sailing, building methods. For info send stamp to: Canoeworld, PO Box 466, MERMAID BEACH 4218.

FREE ACCOMMODATION return for housekeeping & grocery shopping on farmhouse property (plus expenses). Female preferred. Aged between 27-38. Ph: 055-812-054.

BUILD A NATIONWIDE BUSINESS from your kitchen table, minimal setup cost. Ph: Murray Secomb, 066-491-271, or write to: PO Box 41, CORINDI 2456.

CARETAKER HANDYPERSON, farm-cattle knowledge essential. Must be independent, no health problems or children. 110 acres. Own cottage, ph, elec & transport. Wages neg. Mid north coast. Ph: owner, anytime, 049-974-810. Near FORSTER NSW.

FORTY-EIGHT YEAR OLD WOMAN, feminist/greenie, into yoga, would like to hear from other women interested in buying acres northern NSW. Write: Lynette (GR 108), C/- PO Box 242, EUROA 3666.

FREE! MONEY-MAKING FORMULAS, 10-12 pages, send 8x45c stamps (covers p&h) to: C Hulin, Young Rd, GRENFELL 2810, Australia.

PERFECT HOME BUSINESS! High income potential without inventory, selling or paperwork. FREE info: DM Walsh (Dept G), Box 219, NUNAWADING, Vic 3131.

LOOKING FOR A CHANGE OF ADDRESS for a while? So are we – a middle-aged, happy, couple & our two boys (13 & 11) living on a community in the beautiful Bellinger Valley, northern NSW. Our passive solar house is interesting, comfortable & peaceful (no phone) & has a million dollar view. We are looking to swap our house for a 3 b/r house near a good high school (preferably on the coast) for a period of 1-5 years. We are open to suggestions re mutually beneficial arrangements. Write to: Tony & Lindy, 'Once Upon A Time', Homeland Community, THORA 2454.

'DETAILING' YOUR OWN BUSINESS. Not a franchise. Kit $95. For free info: GME, PO Box 82, ROUSE HILL 2155.

FREE SHARE ACCOMMODATION in Dungog in exchange for occasional use of a car. Ph: 049-923-040.

FREE ACCOMMODATION on beautiful 160 ac property west of Bundaberg, in SE Qld, in exchange for gardening etc, up to 8 hrs per week, share property with vegetarian couple. Prefer single person or parent & child. Wayne & Milu, PO Box 235, GIN GIN 4671. Ph: 071-572-736.

LARGE CARAVAN ACCOMMODATION, share house, peaceful Hunter Valley bush block, in exchange for assistance or small rent. Vegetarian n/s preferred, visitors welcome. Ph: 049-382-036.

HEALING CENTRE, shares avail exclusively to committed people welcoming active involvement in developing healing centre in secluded rural setting. Approved MO, running healing workshops, planning other activities. Send SAE for programme. Yulunga, KYOGLE 2474. Ph: 066-897-231.

To avoid disappointment ensure your ad meets our deadline

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PLACING AN AD?
See page 68 for details

OPPORTUNITIES

MAKE EXTRA INCOME – any location. For free details + bonus offer send stamped envelope to: Carlene Hulin GR, Young Rd, GRENFELL 2810.

CLUBS

AUSTRALIAN HERB SOCIETY. Members receive quarterly magazine, seed from seed bank free, access to tape lending library, write: the Secretary, PO Box 110, MAPLETON 4560.

NATIONAL ALLERGY ASSOCIATION of Australia (NAAA). Information, counselling, newsletter. For info & membership write to: PO Box 280, PARRAMATTA 2124.

AFFILIATED DONKEY SOCIETIES of Australia. For info on membership, magazines & help avail write to: Mrs Pam Newton, PO Box 63, Hurstbridge, 3099, and you will be contacted by the representative in your state.

PENFRIEND CLUB. International club for all ages anywhere. For more info send SAE to: PO Box 3, ROZELLE 2039.

PENFRIENDS ALL AGES, Australia & worldwide. Free membership. For details send SAE or $5 for magazine to: Penlink, PO Box 303, BUSSELTON 6280.

CALENDAR EVENTS

BUSH TOOLS WEEKEND, Buchan, in Vic's Snowy River country, May 13 & 14. All workshops presented by our own local bush craftsman Graham Fall. Workshops will take participants back to an era when these skills were essential to everyday life. Demos & hands-on opportunities. Cost will cover all basic requirements – workshops, accom, all meals. Workshop participants $120, nonworkshop participants $75. Deposit $50 per person. More info ph: Georgie, 051-559-294.

ALTERNATIVE LIFESTYLE SHOW, May 13 & 14. Healing, foods, gardening, work, medicine, weight loss, lifestyles, poverty, media communications, crafts, counselling, energy, stressful living, building, religion, education. Also featuring: clairvoyants, tarot, astrology, numerology. Many innovative & unusual alternatives to traditional & outmoded ideas, incl fascinating workshops & lectures. Times: Sat – 9am to 7 pm, Sun – 10pm to 7 pm. Serbian Hall, 212 Diamond Creek Rd, GREENSBOROUGH. Admission $3 ($2 concession) includes admission to workshops.

CONFERENCE ON THE THEME of hazardous chemicals in schools & child care environments to be held in Sydney, May 4. Enq ph: 02-247-4714.

NONCONVENTIONAL HOMES TOUR, mid nth coast NSW, April 15 & 16, 9-5. Guide maps $5 per car. Enq ph: 065-513-403 during school hrs, 065-543-214 AH.

MIND,BODY, SPIRIT FESTIVAL, Melbourne, Royal Exhibition Building, March 30-April 2. Displays, workshops, free demos. Admission $10 adults, $6 children, $3 U/14s & seniors. Enq ph: 03-654-6936.

THE AUSTRALIAN FOSSICKERS CLUB inc presents Gosford's Craft, Gem & Leisure Expo 1995. 10, 11, 12 June Gosford Showgrounds. For more info contact: The Secretary, PO Box 95, WYEE 2259. Ph: 043-571-524.

AUSTRALIANA COTTAGE CRAFTS, annual fair Easter Sunday 10am-2pm. Lots crafts being demonstrated, herb talks, country music, much more. Free admission. Torbanlea Rd, TAKURA (Hervey Bay) Qld. Ph: 071-287-430 for info.

IN AUGUST 1995, Ferny Creek Primary School will be celebrating a hundred years of providing quality education to this very special hills community. Past students, teachers & friends of the school are invited to contact the school to ensure inclusion in our celebration. Write to: Anne-Marie Shew, C/- Ferny Creek Primary School, School Road, FERNY CREEK, Vic 3786. Ph: school, 03-755-1522.

SOUTH COAST FIELD DAY – Sustainable land use & living, 19-20 August. Key areas: agriculture, forestry, building & technology, cottage industry & community. Interested exhibitors contact: field day organisers, John 064-927-306, Simon 064-932-094, Hugh 064-942-014.

CRYSTAL WATERS PERMACULTURE VILLAGE. Full one day 'Permaculture & Community' tours are conducted on the first Saturday of each month. For info, contact either Peter on 074-944-622, or Barry on 074-944-566. Or write to 'The Motivating Edge', 72 Crystal Waters, MS 16 MALENY 4552. Booking is essential.

PUBLICATIONS

'AUSTRALIAN TOBACCO'. How to grow, cure, treat & cut your own. A well researched book by John Van der Linden. Send $12 (postage included) to Lyn O'Brien, C/- PO, BARMAH 3639.

'AUSTRALASIAN HEALTH & HEALING'. Journal of alternative medicine. Australia's major health care quarterly, emphasising self-healing & prevention of illness through measures which raise body defences. Sold at most newsagents & health shops, $4.95 ea, & by subscription, $23.40 or $29.90 with *Health & Healing Newsletter* per 4 issues (1 yr). Write: Australasian Health & Healing, 29 Terrace St, KINGSCLIFF 2487.

'NEXUS NEW TIMES' magazine is an independent publication bringing you the essential facts behind today's news. We describe new ways of living which improve your mental & physical health & enable you to thrive in the late 20th century. Take part in positive change – subscribe now! $25 pa. Nexus New Times, C/- PO, MAPLETON 4560.

'NIMBIN NEWS' is a co-operatively run access magazine with articles & info from Nimbin & other areas. We cover concerns relevant to alternative lifestylers & others looking for the most sustainable way. We are one of the longest running alternative magazines & the Nimbin bio-region is at the forefront in the development of sustainable systems. As networkers we scan many magazines for suitable & scarce info for our readers. Subscription: 12 editions for $25. Sample copy $2.50. PO Box 209, NIMBIN 2480.

'THE OWNER BUILDER' MAGAZINE. Want to be a successful owner builder? *The Owner Builder* magazine has plans, money saving ideas, advice & articles on successful owner builders. *The Owner Builder* magazine is avail from newsagents or by subscription. $24 for 6 issues. For more info write PO Box 974, BENDIGO 3550.

'THE PERMACULTURE EDGE' magazine for current info on applied permaculture worldwide. Internationally subscribed & sourced: agriculture, economics, politics, sociology for the future. Subscribe now $16, 4 issues. Permaculture Nambour, PO Box 650, NAMBOUR 4560.

'THE SEED SAVERS' HANDBOOK' by Michel & Jude Fanton, selling like hotcakes. Don't miss out, order today. $23 post paid. Box 975, BYRON BAY 2481.

ANIMAL BOOKS – 'YOUR DONKEY', *Cats' Company* & many more by post. Lists from: Broomtail Publications 171, Eaglehawk Rd (PO Box 62) LONG GULLY 3550.

BOOKS. NEW & OLD. Australiana, lifestyle, Pacific, biography, horticulture, gardening, outdoors. Lists avail. BA & JM Wallace, Box 325 PORTLAND 3305.

'CYBLISIS – THE LEGEND OF TIME' A fantastic inspirational poetic love story drama that not only will inspire your own life but will uplift your hearts. You will understand the reality of true love and comprehend its meaning through pure delight as the dance unfolds the celestial magic of love. For your copy of *Cyblisis* please send $14 plus $3.50 p&p (NZ $5.50) to Lauyan's International Enterprise, PO Box 696, BAULKHAM HILLS NSW 2153. Ph: 02-894-9003.

ALTERNATIVE PLANS & PRODUCTS 7TH EDITION CATALOGUE 1995. The 7th edition of this popular catalogue is now avail. The catalogue contains a comprehensive listing of books, booklets, plans & infopacs covering alternative power generation, ethyl alcohol production, wind power, gas generation, solar stills, alternative housing plans, low voltage workshop set-up, appliance conversion, special batteries, mini work vehicle construction plans, home based business, solar panel making & water pumps, water purification. Other titles include steam engine & methane, gas generator plans, electric vehicle plans, fuel cell construction, solar ovens & water heater plans, solar furnace, vortex tube plans, free energy machines & magnetic engines & generators. For the *Alternative Plans Catalogue* send $5 to: Alternative Plans, PO Box 487, ASHGROVE 4060. 33 Woodview St, SAMFORD 4520.

BAMBOO BASICS. Essential info for getting started with bamboo use. Harvest, curing, building, management & more. Send $12 to D Corben, 333 Richmond Hill Rd, RICHMOND HILL 2480, NSW.

Make Your Editor Smile – Punctuate!

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PUBLICATIONS

'NEW ORGANIC RESOURCE GUIDE' – Everything you need to know about everyone in the organic industry. A must for those with the first one. Order NORG & get a free copy of the first resource guide. $6 posted. 'SEED PRODUCTION FOR THE HOME VEGETABLE GARDEN': A Barry: Our best seller, great for the new gardeners who want to save seeds but are not sure how. $4 posted. From The Henry Doubleday Research Association. Cheques or money orders made out to HDRA. Post to: Mr Dick McNeill, 816 Comleroy Rd, KURRAJONG 2758.

FRIMLEY HOUSE BOOKSEARCH. We are a booksearch co-operative from the UK. Our search is FREE. You buy only the book you want. Send your wants to: J Kumar, 'Frimley House', Booksearch, 11 Carnyorth Hill, St Just, CORNWALL TR197QD. UK.

HOMESCHOOLING BOOKS. K-12, at affordable prices. All quality Australian material. Maths, English, Social Studies, Spelling. Includes all Peter Howard's books. Most books incl answers. For catalogue send three 45c stamps to: Box 237, WERRIBEE 3030. Ph: 03-741-1490, 2-10 pm.

HOMESCHOOLING. 69 page book *All You Want To Know About Homeschooling*. $5. Box 237, WERRIBEE 3030.

SIXTY-THREE ISSUES OF *Grass Roots* from No 27 to 96. As new. $120 the lot. Ph: 049-828-907.

BOOKS, OLD & NEW. Send for general list. R Suters, PO Box 127, FIGTREE 2525.

EARTH MYSTERIES, aliens, UFOs, conspiracies, religions & cults, simulacra, anomalies of all kinds, monsters, strange animals & artifacts. *Fortean Times* is the journal of strange phenomena. Subscriptions: $33 pa, or send $5.50 (cheque, cash or postal order) to: Fortean Times, 3-13 Tarooki St, BELLARA, Qld 4507 for a sample copy.

SUBSCRIBE NOW to a heartwarming little journal that, with the very best of humour, unashamedly encourages affluence, promotes prudence in purchasing as well as material & mindful welfare. Subjects such as financial affairs, creative ways of entertaining yourselves, craft, culinary arts, motivation, promotion of fun, skills, the art of recycling, case studies; all help you to s-t-r-e-t-c-h that dollar. Twelve issues for $24. Send cheque or money order now to: The Affluent Australian's Penny Pincher's Periodical, Janet Hall/David Lake, PO Box 374, KYOGLE 2474. Questions? Ph: 066-331-288.

HOME BREWING: A collection of old, tried & true, recipes & hints for making your own excel, all-natural wines & beers & other alcoholic or nonalcoholic drinks at minimal cost by taking advantage of avail fruits of the season. Booklet – $10, from Mrs Dougalis, PO Box 390, MORPHETT VALE 5162 SA.

DIY HOME REPAIR/RENOVATION Video. Too many titles to list. For free full catalogue write: GME, PO Box 82, ROUSE HILL 2155.

LIFE FORCE NEWS, meditation, reincarnation, yoga, health, vegetarian recipes. Subscription details: Ph: 02-363-2753. PO Box 765, DOUBLEDAY NSW 2028.

NEW AGE BOOKS and audio tapes by mail from Broomtail Publications, 171 Eaglehawk Rd (PO Box 62), LONG GULLY 3550. Ph/Fax: 054-430-196.

DIRECT INTERNATIONAL CONTACTS MAGAZINE incl penpals, international small manufacturers, goods & services, tourism, travel & accom, real estate – buyers & sellers, financial institutions. Details: PO Box 832, HAMILTON 4007, Qld.

OLD COPIES of *Grass Roots* to sell – 043-434-630.

DEADLINES: GR109 – APRIL 28TH
GR110 – JUNE 30TH

CONTACTS

PLACING A CONTACT AD?
If you do not wish your address to be published, you may prefer to have replies sent C/- PO Box 242, Euroa 3666 (our address) and we'll forward them (unopened) to you. There is a nominal charge of $5 for this service, so please add this to the amount when calculating the cost of your ad.

NEW SOUTH WALES

LIVING NEAR BEGA, lesbian, 37, built a mud brick house, working part time. Given up smoking, trying to give up alcohol. I enjoy odd jobbing, eating, music. Feel a little isolated. Looking for a woman who likes the bush, gardening, building, dirt roads, conversation. DM (GR 108), C/- PO Box 242, EUROA 3666.

PLANET CONSCIOUS, CHEERFUL 55 yo woman invites peaceful traveller(s) to share campfire in tranquil forest. Age/gender open. Kids OK. Pets not. PO Box 850, TAREE 2430.

MAN – SIX FOOT, 11 stone – young, active, muscular, slim build, handsome, self-motivated, considerate, compassionate, honest – with no ties. Seeks feminine, calm, self-confident woman, preferably 30+ inclined toward spiritual, mental, physical wellbeing; who likes music, art, swimming, walking – desires to create a stable home environment. Probable ideal – living life together – in tranquil setting, far north NZ. Ken, PO Box 26, NARRABEEN 2101.

PISCES: Are you Piscean? Would you like to meet/contact other Pisceans? Join the Pisces Club! For details send a stamped, self-addressed envelope to: The Pisces Club, 1/11 Warringah Rd, DEE WHY NSW 2099.

NICE LADY, 40s. I'm a gentle soul looking & feeling at peace within at this point in my life. I'm looking for a friend, a companion who is equally at peace within to share and travel into the future with. Lynda, 11/7-41 Cowper Wharf Rd, WOOLLOOMOOLOO 2011.

SENSITIVE MATURE MAN who enjoys life and loving (44 yo). Single, emotionally and financially secure, seeks contact with female 30-45 yo. Talk, share, explore. Write: Brian (GR 108), C/- PO Box 242, EUROA 3666.

MALE, TWENTY, sensitive, quiet achiever, no time for games or shallow r/ships, seeks bright happy natured young female for friendship and longer term r/ship to build a future together. Reply: 'Quiet Achiever', PO Box 585, QUEANBEYAN 2621.

GYPSY GENT SEEKS GYPSY LADY, 50s, lives on modern 11 metre yacht, n/s, n/d. Ex WWOOF host. Seeks base east coast river, likes sailing, exploring, travel, meeting people, writing. Will assist GRs grow organics. Have caravan, irrigation gear, energy, good vibes. Jim, 68 Bluegum Ave, SANDY BEACH 2456.

WONDERFUL WOMAN, 5'7", slim, good looking, red-blonde long hair, blue eyes, artist, part Swedish descent, natural & nature-loving; affectionate, kind, loving, spontaneous, intelligent, honest, practical, 48 yrs. University degree in Fine Arts, some botany, masseuse. Loves bush, beach, mtns; gently enjoys swimming in waterfall, waterholes or champagne surf, bushwalking, canoeing, picnics, loving, dancing, drawing, creating & seeing beauty around me. Would like to live at beach in bush. Seeks to share this with a marrying man, joyfully committed to us, about 6' tall, a rugged appearance is charming, n/s essential, affectionate, honest, faithful, with lots of leisure time together. 'Wonderful' (GR 108), C/- PO Box 242, EUROA 3666.

TALL, SLIM, TAUREAN WOMAN, 37 yrs. Down-to-earth, professionally employed, easy-going, single parent, creative, spiritual, outgoing. Interests: massage, crystals, New Age, antiques, renovating, markets, gardening, reading, ethnic food, romance. Seeking an honest guy over 6'2" tall, n/s and able to communicate his thoughts & feelings, over the pain of past r/ships, and living within 2 hrs Newcastle. Shazz (GR 108), C/- PO Box 242, EUROA 3666.

ROMANTIC LIBRAN LADY, would love to share excitement of life, love, travels and adventure with intelligent, honest, creative, unconventional, strong healthy man 26-35 years. If you are a loving, laughing vegetarian (seafood OK), n/s, o/d who loves exploring new ideas, alternative lifestyles and esoteric stuff too, taking risks and following your dreams then drop me a line. I love the best city and country have to offer, but desire a fresh, active rural lifestyle with that special man. Please send photo. Reveal your splendid self. Reply to: Irena (GR 108), C/- PO Box 242, EUROA 3666.

I AM A SINGLE male, 33 yo. I live in the country and would like to share my life with an honest, down-to-earth women with a view to a secure future. David, PO Box 327, WAUCHOPE 2446.

If you doubt the wisdom of replying to any ad – trust your intuition

GRASSIFIEDS

CONTACTS

NEW SOUTH WALES

SEEKING TO SHARE my nice property, 3 hrs sth of Sydney, with an attractive lady, to about 53, who appreciates the Australian bush and doesn't need city lights. I'm 5'11", fit, a scientist, casual but caring, creative, realistic, free thinking and practical. Interested in many aspects of life from environmental issues, classical music, art, writing, to building houses and doing the normal things. Also use computer and play golf. No illusions or hang-ups. Anti-religion, smokers, drugs, dogs and population growth. Please reply: MR, PO Box 173, BATEMANS BAY 2536.

WOULD LIKE TO MEET male around 40 interested in self-suff, permaculture organic gardening, c/w music, n/s, s/d & who is honest. Ph: Miss L, 065-569-231.

GUY, THIRTY-SIX, has a large range of beliefs and interests especially natural things and the outdoors. I enjoy bushwalking, canoeing, camping, travelling, self-suff, gardening, permaculture, n/s, vegetarian. I'm a fairly quiet person, very honest, kind, caring and understanding. I'm seeking a girl with a similar personality who genuinely loves nature and would like a more natural lifestyle. Anyone interested please ph Jeff on 02-971-0703.

I AM MALE, 44, fit and active and seeking the company of a similar woman. We, my 2 sons & I, live comfortably on 100 acres within going out distance of some fairly bright lights. We strive to enjoy life, with some success I'm pleased to say, and believe that honesty and self-respect mixed with a little bit of sinning feeds life. If you believe that you could be comfortable here and understand that I must believe that too then contact: Peter Wilton, C/- Post Office, WARIALDA 2402.

SCORPIO MALE , 46, living in central west Cowra. Interests incl: animals, country living, dancing, living simple life. Seeks quiet lady for lasting r/ship. Ray (GR 108), C/- PO Box 242, EUROA 3666.

QUEENSLAND

DEAR MEREDITH, please contact Peter.

AUSTRALIAN MALE, FORTY-FIVE, 5'10", Gympie area, has job, no ties, seeks monogamous r/ship with slim country loving female. Homely type with no ties and financially independent. Any age to 55. Believer, not religious fanatic, & no drugs. AD (GR 108), C/- PO Box 242, EUROA 3666.

MALE, YOUNG, 53, living, by plan, a simple life, close to nature, with isolation, seeking a forever partner, to share friendship & mutual love. Briefly: early mornings, early nights, rural background, some solitude, masses of nature, beaches, water & bush. TV, c&w, blues, absolute peace & close good friends. Am vegetarian, n/s, n/d, considered outgoing, personable & laughing, never bored, lonely or aggressive. Semi-retired with interesting life. Enjoy natural women, they can be shy & quiet – where are you? Please write: Nature (GR 108), C/- PO Box 242, EUROA 3666.

ACTIVE MAN, 45 yrs, seeks lady to share

PLACING AN AD?
See page 68 for details

work in several Asian countries. Write: PO Box 1166, CHARTERS TOWERS 4820.

FEMALE, TWENTY-FOUR, seeks GR friends. I enjoy a simple life, and modern day values on success and happiness, via money and greed, do not appeal to me. I dream of living in a rich forest setting with many animals, away from petty, judgemental humans. I am intelligent, God-fearing (although I don't go to church), anti-drugs, mediocre greenie. I have lived from Launceston Tasmania, to Weipa nth Qld. I will reply to all correspondence. Nicole (GR 108), C/- PO Box 242, EUROA 3666.

THOUGHTFUL MALE, very communicative, noncritical listener, always learning. Into painting, reading, music, cooking, laughter & most things outdoors. I am 6'2", slim with fair hair and supposedly attractive. I've just jumped 50 and I'm finishing a house on 20 acres near lake Cootharaba. Seeking articulate, humorous, straight-foward, logically selfish, creative female anywhere who desires a sensitive, real r/ship. ALA. Reply: Mike (GR 108), C/- PO Box 242, EUROA 3666.

CANCERIAN LADY, seeks sincere, dependable, healthy male, n/s, to 65 yrs, friendship and sharing interests. Loves gardening, sewing, cooking, animals, golf. Reply: Cancerian Lady (GR 108), C/- PO Box 242, EUROA 3666.

SINGLE, FIT, MALE, 46, 5'10", 12 stone, hazel eyes, brown hair, n/s, living on 8 ac on the central Qld coast. Some of my interests are: scuba diving, beach, r/forest, fishing, camping, and travel. Searching for a fit down-to-earth lady to be a partner in life, to share life together. Please contact: PJ (GR 108), C/- PO Box 242, EUROA 3666.

FILIPINA, 5' 2" tall, 25 yo, slim, wishes to write to respectable man with view to marriage. Reply to: Leah, Lot 48, Franklins Rd, MS 1494, NANANGO 4615, Qld.

FILIPINA, single, 50 yo, 5'4" tall, loves cooking. Wants to write to responsible man 50-65. View to marriage. Reply to: Christina, Lot 52 Malar Cres, NANANGO 4615, Qld.

MALE, SLIM, SIX FOOT, 43, seeking slim female friend. Professionally employed in Brisbane: interesting, stressful job. Planning modest house building project on sml bush block. Great record collection, well read. Not perfect, but honest and caring. I will respond to all letters; return all photos. To explore further, please write: MG, PO Box 243, NEW FARM 4005.

MALE, LATE THIRTIES, early 40s, seeks lady to live-in for companionship and soul mate. Ph: 076-531-541 after 6pm.

LONELY GUY, n/drinker, n/drugs. Tall, 30 yrs old, Bundaberg, would like to meet nice lady. RMC (GR 108), C/- PO Box 242, EUROA 3666.

RECENTLY BURNT EX-AUSTRIAN MALE, 45, reasonably happy & comfortable with not unpleasant looks, seeks his soul mate for all-embracing friendship & mutual appreciation. Please contact 075-366-856, or PO Box 845, TWEED HEADS 2485.

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TRIM, FORTY-NINE year old gay guy. Good looking, easy-going, straight acting, masculine, sincere, nonscene. Enjoys country, beach, ten-pin bowling, tennis, whatever. Sunshine Hinterland. Looking for Gay/bi/friendship/r/ship. Jil (GR 108), C/- PO Box 242, EUROA 3666.

VICTORIA

ATTRACTIVE SCORPIO GUY, age 42 yrs, 5'11", slim build, neat pony tail of healthy hair. Interests: 70s-80s music blues or r&b. Well travelled – travelled the USA, Mexico etc. Lived on river boat for 3 yrs. Seeking mature gypsy peace loving lady for friendship or perm r/ship. David, PO Box 780, MERBEIN 3505.

ADVENTUROUS BLONDE FEMALE, early forties, 5'5", would like contact with people of like interests, i.e. motorbike riding, pool, camping, travel, love of the country (nature), wining/dining, snorkling, guitar, oil painting. LS (GR 108), C/- PO Box 242, EUROA 3666.

LADY, FIFTY-THREE, 5'7", seeks kind, sincere, assertive, n/s gent, 48-58. enjoys travel, camping, bush & beach walks, reading, theatre, classical & folk music, attends Uniting Church. Have son aged 17. Reply: Lorraine (GR 108), C/- PO Box 242, EUROA 3666.

AS YOU LIKE IT, nonprofit, singles group for nonsmokers. Bushwalks, bbqs, dine-outs, scrabble, parties. Melbourne, Yarra Valley areas, ages 38-55. For 3 months' programme send SS: AYLI, Box 999, KEW 3101. Further info: Lorraine 03-531-2596.

SINGLE DAD, 45, with boy 14, living in country Vic. Love the bush & beach, fishing & camping, fossicking for gold. I'm just an average bloke hoping to find an old-fashioned caring lady to share mid-life crisis. 'Summers and winters scattered like splinters and four or five years slipped away.' Contact: JGR (GR 108), C/- PO Box 242, EUROA 3666.

MALE, YOUNG 42, 6' tall, bearded, slim, looking for perm r/ship with honest ladylike female, share unpowered cabin central Vic, many interests, SOH a must. Any age to around 40 with a youthful outlook! 'F' (GR 108), C/- PO Box 242, EUROA 3666.

ANSWERING A CONTACT AD?
Please put each letter in a separate, stamped envelope addressed C/- GR. We will re-address & forward it.

GRASSIFIEDS

DEADLINES: GR109 – APRIL 28TH
GR110 – JUNE 30TH

CONTACTS

VICTORIA

I'M FORTY-SIX, 5'5", slim, gentle, warm, open & interesting. I'm seeking a female living in the Dayelsford/Castlemaine/Newstead area to visit, to perhaps help out around the place and enjoy a friendship with. I really enjoy outback travel and have a 4WD. I like being in nature and am presently living in Melbourne but will one day move out. My name is Ian. You can write to me C/- PO Box 2050, CAULFIELD JUNCTION 3162.

I AM A WOMAN IN MY LATE FORTIES and am now free to choose the lifestyle I long for. I am looking for a female partner who is together, tactile, articulate and loving and to whom the words love, commitment honesty and communication ring a bell. Some of my passions are: good conversation, country living, op shops, art, music, poetry, books etc. I know my soul mate is a GR reader so please write, your letter will be treated with respect. We must not miss out on the years of fun and laughter we could share. Contact: ANNA (GR 108), C/-PO Box 242, EUROA 3666.

MALE, THIRTY-TWO, alternative lifestyle vegetarian with own house and land in country settlement, seeks the company of sensitive, sincere lady. Reply to: D McBain, PO Box 376, COLAC 3250. Ph: 052-351-403.

YOUNG MINDED GUY, early forties, Cancerian of slim build, looking for woman mid to late 30s into the GR lifestyle, living nth of the Qld border. Interests: blues music, r&b, motorcycles. Looking for peace, caring, bush lifestyle who enjoys a smoke & layback lifestyle. All photos welcome. Stephen W, PO Box 628, MERBEIN 3505.

WOMAN, THIRTIES, seeks unattached male for friendship/possible r/ship. I seek value & offer genuineness. I have sympathies for social justice, environmentalism, feminism (everything is connected). Like animals. Student. Not seeking showy hero or hard-line ideologue. Would like company on walks (esp bush), rides, drives, cafes, music etc. Jane (GR 108), C/- PO Box 242, EUROA 3666.

MALE, FIFTIES, single, lonely, fit, active, caring, self-employed. Many & varied interests – crafts, reading, building, the arts, gardening, travel, markets (dancing, learning). Seeks n/s, female, similar interests who is interested in settingup a GR lifestyle in central Vic. Reply to: CJ (GR 108). C/- PO Box 242, EUROA 3666.

MELBOURNE, OUTER EASTERN suburbs. Hi! My name is Ian. I am 48 yo. single, never been married, my star sign is Leo and I'm 170 cm tall with no ties. I am a n/s and only light social drinker. I have fair hair and blue eyes and I am a broadshouldered person of fairly solid build. My nationality is Australian. I have a secure job and am financially secure. My religion is C of E and I am a regular churchgoer. I consider myself to be quite tidy, easy-going, gentle, caring, friendly, down-to-earth person. I am not into drugs. I am also mechanically minded, and a good handyman around the house. My interests are: classical music, gardening, concerts, picnics, flora & fauna, photography, camping, travelling, walking, dancing, looking after home, long weekends in the country. The lady I'd like to meet shoud be single, no ties, in the 35-47 age group give or take a year, who dresses casually, like myself, with view to friendship and companionship with a view to perm r/ship and marriage if compatible. Photo appreaciated, but not necessary. I live in the outer eastern suburbs of Melbourne by myself. I also own my own house and car. This is a genuine ad, all photos returned and all replies answered. Ian (GR 108), C/- PO Box 242, EUROA 3666.

TASMANIA

MY NAME IS JOYCE B. I am 63 yrs of age, own home and would like to meet sincere gent for friendship, perm r/ship if suited, between 60-65 yrs. Joyce, 19 Clarke St, MOWBRAY 7250.

WESTERN AUSTRALIA

CHRISTIAN MALE, 32, enjoys good conversation, reading, music, the bush and the sea. Interested in permaculture. Looking for someone with similar interests, younger, prefer no kids. SD (GR 108), C/- PO Box 242, EUROA 3666.

BROADLY EDUCATED MALE, late 50s. Tall, almost slim, sensitive, loves nature and the art sources of city life. About to build or buy open-plan houseboat (so as to make or unmake space if needed) and live a nonpolluting, contemplative river life, even stay warm in winter. I seek affectionate, thoughtful female companion of some 'kulture' sympathetic to some of the above for ongoing close friendship. I am able to move state. Writer not professional artist but wishes to 'sit and suffer and paint' artworks aboard as well as enjoy life. Me not old seasalt but learn as I go. Write: Jeff (GR 108), C/- PO Box 242, EUROA 3666 or ph: 09-328-2531.

COUNTRY GENT SW of WA, 43 yrs, solid build, friendly, healthy. Natural tendency to happiness, hard working, own house & land & business. Seeks friendship, correspondence of female similar, 27-38 yrs. Write to Jay (GR 108), C/- PO Box 242, EUROA 3666.

SOUTH AUSTRALIA

COUNTRY CONTACTS CLUB for lonely country persons. PO Box 230, Peterborough SA 5422. FREE MEMBERSHIP – FREE SERVICE. Send SAE for details.

REFRESHING PISCES MALE NATUROPATH/acupuncturist, recently qualified, relocating interstate May/June '95. Youthfully handsome, 44, spiritually nature loving, periodic wilderness adventurer. N/s, s/d, 187 cm. Wishes to establish friendship with like-minded financially independent lady into partly alternative lifestyle living in desirably green surroundings, not too remote. Vic, NSW, WA, Qld. Replies please write to: The Naturopath, 4 Barndoo St, HALLETT COVE SA 5158.

NORTHERN TERRITORY

MALE, VERY FIT, active, 52, n/s, s/d, seeks loving lady in her 30s to 40s to enjoy my friendship/companionship. I am very loving, caring, no ties, living near Darwin, rural lifestyle, own property with lagoon, palms, native timber, wildlife unspoilt peace and tranquillity, 1 hr from city. All letters answered: GL, PO Box 41209, CASUARINA 0811.

MATURE WOMAN, seeks femine but independent mature woman for fun, friendship, and a possible r/ship, in the Top End. Megan (GR 108), PO Box 242, EUROA 3666.

OTHER

TWENTY-EIGHT YEAR OLD, Fiji Indian male, Leo, 5'8", 75 kg, Trades qualified chef, seeking special female for friendship and marriage. I am a down-to-earth person, open, gentle trusting, affectionate, loyal and unpretentious. I love children, pets, nature, outdoors, exploring, touching, romantic settings and sharing at the deepest level. She is 20s to 36, fit, trim, race and colour unregarded, beautiful, charming, exciting, fun-loving, playful, adventurous, intelligent, sensitive, affectionate, protective, gentle and enjoys what I enjoy most. I don't want to be lonely. I want to care and love someone and be loved in return. Too much? Please send letter and photos for carbon dating and DNA testing... Lets make both our dreams come true. Satendra Prakash, PO Box 3237, LAUTOKA – FIJI.

PENFRIENDS OVERSEAS/AUSTRALIA. Please send SAE, PO Box 3311, WESTON 2611 AUSTRALIA.

PENPALS INTERNATIONAL. Details: PO Box 832, HAMILTON QLD 4007.

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Gumnut Gossip



by Megg Miller

Grass Roots is remarkable in many respects, not the least in the way its readers respond to the array of requests that are published. No matter how tricky, someone somewhere will have the answer. And it's not even uncommon to receive a note without making a request; a letter or article may have touched a chord and its author be rewarded with a hurried note or comment. We're not so naive as to believe all notes are friendly; an occasional warped reply is sent but in the main the *Grass Roots* network is a warm and responsible one. Between us all, I'm sure we can locate almost anything and solve most problems, so diverse, informed and generous spirited are our readers.

Take the little comment I made several issues back about the problem we outdoor workers have with aching joints. I'd mentioned somewhat enviously the ease of movement displayed by young Kim, who spends her leisure hours raging and sleeping. Not for her the toil of the garden or the poultry shed! Roberino, a regular correspondent in the Feedback pages, has come to our assistance. 'It's easy to cripple yourself once you're over 25 . . . you should begin to give a few minutes to stretching and mild exercise *before* you begin your chores. Of course, you're best doing these every morning after you rise, and then again every hour when working on the farm. Also give yourself a few minutes deep breathing and a mini meditation. When your hobby starts to feel like a job it's time to introduce a few changes. All work and no play is no way – so take some time off . . . increased flexibility will pay off in increased ability to perform chores and before long you won't be envying the young typist's supple muscles – she will be envying you. Ragers pay eventually!'

The gardeners on the staff – Mary, Margaret and myself – liked the idea of Kim looking wistfully at our new-found athleticism. We can just see hordes of readers and weekend gardeners all over Australia stopping their activities to limber up and recharge the batteries. Eat your hearts out all you under 25 year-olds.

We have several other nice examples to share too, letters which have come about as a result of requests featured in Feedback. Judy Whitney talked with me last year about obtaining an out-of-print poultry book, and I suggested she try *Grass Roots*. 'You'll be interested to know the magazine's excellent network has enabled me to get hold of the book,' she recently wrote. 'Three days after the issue containing my letter was released, I was contacted by a subscriber willing to sell their copy to me. I sent off a cheque and hoped that wouldn't be the last I'd hear of things, then sternly told myself not to be cynical and that you had to trust people. Anyway, I need not have worried, shortly after Christmas the book arrived. I'm really enjoying it – thank you.'

The second note details a similar request for a hard to obtain item, and has been reproduced in its entirety in Feedback. Muriel Christmas sought crochet cotton to finish a gift for her granddaughter, and thanks to the generosity of an anonymous reader, the tablecloth can be completed in time for the proposed wedding. It is the sort of gesture we associate with an ideal world, but in fact there are many generous people in the community. 'As we get older we find that there are people out there who are not just for themselves,' Muriel wrote. It's satisfying to recognise just how often *Grass Roots* is a conduit for such acts of kindness between people of all ages and situations.

We've included these letters not because it's an opportunity to fly our own flag, but because it's important to highlight positive needs and activities. The trap in our current society is the prominence given to the darker side of life – at the expense of passing over situations with successful endings. I'm regularly impressed by the depth of concern readers show for each other and their selflessness and generosity. And if others seem a little casual about acknowledging displays of goodwill perhaps they have never been shown the importance of manners and will learn from those 'who are not just for themselves'.

The Stock Camp Cook, that intrepid fellow who shares his outback recipes and love of the bush, recently touched base advising us that he had undergone a spell in hospital for an eye operation as a result of 'too much heat, dust and flies'. Basil has been recuperating with friends in the hinterland of the Sunshine Coast, frustrated by the time it has taken before he's been able to read and write again. He mentioned returning to the Northern Territory after the wet season – a very sound decision considering the rain that has fallen there of late. We wish Basil a speedy recovery and look forward to more recipes and yarns from around the campfire.

On my list of topics to cover in this column is an item saying 'moan nicely about the phone numbers and figures in the Grassifieds'. Moan nicely? When is complaining ever nice? All our staff get to handle the adverts at one time or other and believe me, they do not moan nicely when they can't make out the handwriting. Christine spends a lot of time ringing and checking to ensure we have everything right, but it is really easy to misread numbers. Please take time and care when writing out your price and phone number, it will save a lot of hassle and worry.

Mary has also asked me to thank the growers who responded to the GRAFT survey (No 107, page 68) with details on their particular situation. But there are more fruit tree growers out there who did not participate and we would like to hear from you. Now that the summer chores are over and the evenings lengthening, what about finding No 107 and filling in the questionaire? Your efforts will be greatly appreciated.

One of the current buzz words is 'value adding', a catchy way of describing the old-fashioned notion of making the most of what you have or produce. You can see this concept working amongst the pages of *Grass Roots;* people not only reaping rewards from the work they do or the way they live but taking it a step further and sharing their knowledge and skills. Just as others will gain from this, they too will benefit in different ways. Regular contributor, June Grondin, summed up the process recently: 'As always I feel very happy to see my work in print. The 'seeds' of past experience have grown and produced fruit that can be shared with others – a 'crop' of sorts!' Happy reading and sharing.

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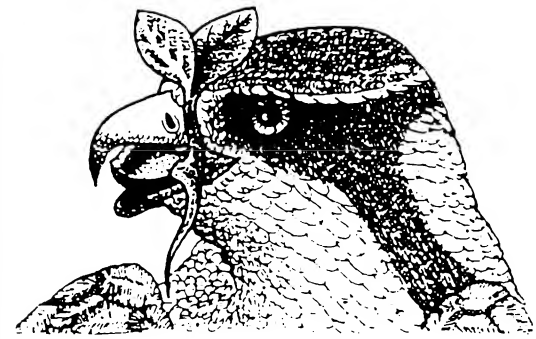
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